

Student Support

Helping you and your child thrive during COVID-19

Week of June 8th 2020

CREATING SAFETY

Helping your child cope with current events

Staying largely at home has been a necessary precaution to keep your children safe from COVID-19. However, it's had the added consequence of giving children more time on technology and social media. With this tech savvy generation it's hard to shield kids from all that is happening in the country. It can be confusing and overwhelming for children. It's important to help create a sense of emotional safety where you can.

1. Help children identify safe people, places, and things.

In the midst of all the scary events that children are absorbing, remind them of all the things in their life that make them feel protected and safe. Our weekly activity "Safe Space Pillowcase" is one example of how to start the conversation.

2. Start a conversation

It's tempting to try to distract your children's attention away from what is going on in the country. Avoiding difficult conversations only means that your children will get their information from somewhere else. Have an open, honest, and age appropriate conversation with your children. Click [here](#) for some further tips on how to start a conversation.

3. Validate their feelings.

Ask your children how they are feeling and listen to what they have to say. There is no wrong emotion. Let them know that their feelings are justified, and ask them how you can help them manage their big feelings.

Feel good story of the week:

A 7-year-old boy in North Carolina felt bad that his nanny's High School Prom was cancelled from the pandemic. So, he threw her a prom on his own!

<https://www.mother.ly/news/how-to-talk-to-your-kids-about-the-protests>



PRESENTED BY:

Glastonbury Youth and Family Services

Newsletter Organizers:

Jessica Daniels, LCSW
jessicadaniels@glastonburyct.gov

Bela Santos, Psy.D
belasantos@glastonburyct.gov

GLASTONBURY YOUTH & FAMILY SERVICES

321 Hubbard Street Glastonbury, CT 06033

Phone: 860-652-7660

Fax: 860-652-7659

Office Hours (Remote):
8:00 AM to 4:30 PM
Monday through Friday



