

Parent Support Information

Tips for Managing our “New Normal”

1. **Have a Family Meeting:** It is important to talk about how we are feeling and how we are going to get through this together. As a family, you should develop and agree upon expectations/rules during this time. Some examples of areas for expectations are below.
 - a. Chores: Who will do what and when?
 - b. Noise: Background noise or silence? Who decides on music and TV? How loud? Is yelling for someone from room to room ok? Outside only? Is it ok to do video meetings (with headphones) in the main work area?
 - c. Breaks/Distractions: If someone needs a break can everyone take a break? Should they go to a different area in order to not distract others? What if someone wants to share something?
 - d. Anger: What should we do when someone gets mad? How will we mend the situation when we have calmed down?
2. **Create and Follow a Schedule:** Your kids are used to a routine at school. Set-up a schedule that the family agrees on. It is easy to slip into a bad routine so make sure to include what time everyone is getting up and going to bed. Keep in mind that while we are trying to have a sense of security and normalcy, you do not have to follow your exact schedule prior to Tele-Schooling. Sleep is critically important to staying healthy both mentally and physically. Your family's schedule should include breaks, time to eat, and physical exercise. Consider some time to be outside as well.
3. **Set-up a workspace:** A designated, organized workspace will help with the structure set-up in your home. This does not mean everyone has to stay in their designated spot; you make the rules! This may be the dining room table, the kitchen counter, the couch, or the table on the patio. It is ok to take the time to clean-up your space. Clutter can add to our angst.
4. **Know your Resources:** Right now, there is an overwhelming number of digital resources available. First, know and master the resources provided to you by FCS and your school. Then add additional resources. There are great resources for ebooks, read-alouds, yoga, math practice, etc.
5. **Manage Expectations and Emotions:** This situation is not normal. We have never done anything like this before. It will take time to get used to our “new normal.” You and your kids may be experiencing levels of stress, anxiety, and angst that you have never felt before. These feelings will manifest themselves in different ways. It is important to be self-aware and model self-management for our kids. Right now, we need to focus on remaining safe and physically and mentally healthy. Talk about your feelings, try some mindfulness activities, and don't forget to take a break. We must work hard on getting comfortable being uncomfortable.

Recent News Coverage (You are not alone!)

<https://www.cnn.com/2020/03/19/health/schedules-parenting-go-ask-your-dad-wellness/index.html>

<https://hbr.org/2020/03/a-guide-for-working-from-home-parents>

<https://hbr.org/2020/03/how-working-parents-can-prepare-for-coronavirus-closures>

<https://www.cnn.com/2020/03/19/health/schedules-parenting-go-ask-your-dad-wellness/index.html>

<https://www.npr.org/2020/03/17/816631571/coronavirus-triple-duty-working-parenting-and-teaching-from-home>

<https://theconversation.com/kids-at-home-because-of-coronavirus-here-are-4-ways-to-keep-them-happy-without-resorting-to-netflix-133772>

Talking to Your Kids about Corona Virus

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?>

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

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<https://www.uth.edu/news/story.htm?id=e5c159f0-11af-4091-9f1d-342b5a64583a>

<https://www.pbs.org/parents/thrive/schools-closed-how-to-make-a-new-home-routine>

<https://confidentparentsconfidentkids.org/>

<https://store.samhsa.gov/system/files/sma14-4885.pdf>

