

# PARENTING DURING A PERIOD OF SOCIAL DISTANCING

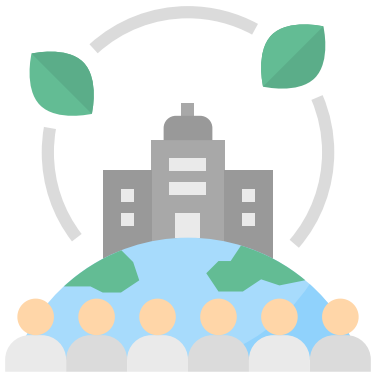


## DISCUSS

- Age Appropriate Conversations
- Listen, Empathize & Respond
- Relay Confidence & Highlight Positives
- Avoid Emotional Reactivity

## CREATE STRUCTURE & ROUTINE

- Keep it Simple
- Allow for Fun & Breaks
- Set Expectations and Privileges
- Allow each Family Member to Choose Experiences



## SOCIAL RESPONSIBILITY

- The Opportunity to Help Others
- Brainstorm Creative Ideas
- Discuss Fun Ways to Connect to Others

## BUILD RESILIENCY

- Recognize Emotions & Name Feelings
- Tolerate Discomfort
- Develop Healthy Coping Strategies
- Build Healthy Supports



## MAKING MEMORIES

- Games, Art, Cooking, Experiments
- Family Time
- Recording Memories

## SELF CARE & SUPPORT

- Mindfulness
- Self-Compassion
- Building Support Network

take care  
of your mind

TAKE A BREATHE & EMBRACE THE MOMENT!