PARENTING DURING A PERIOD OF SOCIAL DISTANCING

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

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

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

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

SELF CARE & SUPPORT
- Mindfulness
- Self-Compassion
- Building Support Network

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

TAKE A BREATHE & EMBRACE THE MOMENT!

WWW.AMITAHEALTH.ORG/BEHAVIORAL