

Peaceful Parenting

May 14, 2020

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WELCOME NOTE

We hope that your first week of full virtual distance learning went smoothly.

Unfortunately, we have heard from teachers and guardians that was not the case for all. We know that many families are at their breaking points due to the stress of this new way of learning, while trying to manage your normal day to day tasks. To best support you, we decided to focus this week's edition on tips to manage your anger and frustration through self-care, as well as common parenting struggles that may be coming up for your family with tips to help.

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HOW TO HELP HANDLE YOUR STRESS THROUGH SELF CARE

When you're a parent, we understand that doing things for just yourself often takes a back seat to caring for your kids and family. During this stressful time, it is more important than ever to make yourself a priority to show up as your best self for your family. Here are 5 things you can do for yourself right now.

- 1) **Make time for yourself:** This does not need to be an entire afternoon or morning, but allow yourself some time during your day to do something you enjoy.
- 2) **Make healthy choices a priority:** This does not mean going on a crazy diet or starting a new workout routine. Get enough sleep, eat a balanced diet, and include some movement in your day.
- 3) **Give yourself a break:** Remember everyone is doing their best; practice self-compassion and forgiveness.
- 4) **Set healthy boundaries:** Limit social media if that's causing more stress, take a break from a friend who is draining your energy by complaining, etc.
- 5) **Go back to things you enjoy:** Pick up that old hobby you haven't had time for, read a good book, play a board game, etc.


<https://childmind.org/article/self-care-in-the-time-of-coronavirus/>

COMMON PARENTING STRUGGLES & TIPS

- 1) **You're yelling a lot:** Emotions are heightened during this time and it is easy to lose our cool quicker than usual. Remember to set boundaries and take a break when you feel yourself escalating.
- 2) **Your kids are struggling with technology:** Operating TEAMS is new for all parties involved and with that comes lots of frustrations. To help with this, take time to sit down with your child and look it over together so you both understand this new platform. Any questions you might have you can go on YouTube for videos, contact your technology teacher (Ms. Almeida), or Google a solution.
- 3) **Everyone needs your help at the same time:** Make sure that you prioritize. What is most important is keeping your family safe and that all basic needs are met. When your child asks for your help, encourage them to try a few different ways to solve the problem before going to you. This fosters a sense of self-reliance.

<https://childmind.org/article/coronavirus-parenting-managing-anger-and-frustration/>

Please look for the **PRIDE at Home** video later this week where Miss Hughes will be focusing on dealing with power struggles and arguments with your child.



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When little people are
overwhelmed by

BIG EMOTIONS,

it's our job to share

OUR CALM,

not to join their chaos.

- L.R. Knost.

toddlerapproved.com

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**HAPPY PARENTS
MAKE HAPPY KIDS**