

PEACEFUL PARENTING

. . . . for all your social, emotional, and behavioral needs

Welcome Crandall Cougars!

In This Issue

- **Welcome Note** Hello My Friends!,
- **Tips for Parents& Guardians** We hope this finds everyone safe and well! Over the past few weeks as everyone figures out our new way to communicate through the channels of Microsoft TEAMS, Dojo and email. We will be jumping into different classes through Microsoft TEAMS. You can reach us through all of our communication channels. Can't wait to see you all again!!
- **Core Value of the Week**
- **Mindful Activity**
- **Resources**

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Tips for Parents & Guardians

1.) Breathe, Breathe, Breathe—You got this! You might be getting into a nice routine. That is Great! Just remember, children like to test routines. Be consistent, but provide breaks for the children and you. It is okay to take a few minutes. Walk into another room or outside. Breathe, remember that we are all still in the midst of change.

2.) Teach life skills. You probably are already teaching cleaning and cooking skills, but what about banking and paying bills. Everyone needs to learn what a budget is and how to make one.

3.) Social Skills are taught in everything we do. How to communicate with others—eye contact, staying on topic, responding when someone asks for you the first time (or soon after). Play games with your children, so they can learn about taking turns, being a respectful winner or loser and how to handle losing.



Resource Websites:

<https://www.jesselewischooselove.org/choose-love-home/>

<https://www.wideopenschool.org>

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

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Focus Activity

Mindful Posing

One easy way for children to dip their toes in- to **mindfulness** is through **body poses**. To get your kids excited, tell them that doing fun poses can help them feel strong, brave, and happy.

Have the kids go somewhere quiet and familiar, a place they feel safe. Next, tell them to try one of the following poses:

1. The Superman: this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.
2. The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips (Karen Young, 2017).

Ask the kids how they feel after a few rounds of trying either of these poses. You may be surprised.

Provided by: PositivePsychology.com



Core Value

Of the Week

All of the students at Prudence Crandall work on showing our core values, PRIDE, throughout their day. PRIDE stands for Patience, Respect, Integrity, Determination, and Engagement. For this week, let's focus on Patience at home with our families and while doing our distance learning activities. Here are a few ways I thought that our students can work on showing patience:



- Wait for their turn on electronics
- Wait for responses from their teachers with any questions they have
- Be patient with the parents/guardians who are learning how to help with their work
- Take turns with their siblings or relatives when playing games

Ask your child if they can think of any other ways to show Patience each day. Brainstorm your own list, as well as using this one to practice patience during these uncertain times. Parents try to reinforce your children who show patience this week and remember to be a good model of patience too!



Resources Available:

Enfield Public Schools would like to share with you the following: We recognize that the current public health emergency is resulting in an increase of stress on families.

If you or your child are experiencing an immediate safety concern call 911.

If you or your child are experiencing a behavioral mental health crisis call 211.

If you would like to access support services, please contact the following:

For children over 8 years of age, please call Youth and Family Services at 860-253-6380. For children under 8 years of age, please call the Family Resource Center 860-253-5214. If you would like to contact your child's counselor or social worker, please do so via their school email address.

Focus Activity

Practicing Gratitude

Studies have shown that practicing gratitude can be a very positive and powerful tool for kids with many benefits to both emotional and physical health including improved ability to cope with stress, decreasing feelings of stress, improved sleep, and higher levels of energy and happiness. Practicing gratitude can help children strengthen their relationships with others and can help them get through difficult times. When we practice feeling grateful, we are more aware of good things that can happen around us.

Example gratitude activities:



Gratitude Tree: Have kids write what they are thankful for on blank leaves. When they are done filling up the leaves they can tape the leaves to a tree drawn on a poster. As the week goes on they can keep adding to the gratitude tree and watch the tree

Gratitude Paper Chain.

Have kids write what they're thankful for on strips of paper and use the strips to make a gratitude chain to hang up.



Gratitude Glass Jar:

Have family members practice putting daily gratitude entries into the jar on a piece of paper and at the end of the week/month go through all of the daily entries and recognize all of the things to be grateful for together.