

GUIDANCE DEPARTMENT WOODLAND PARK SCHOOLS

Dear Woodland Park Families,

The school counselors wanted to share the following resource(s) with you while we are all participating in the Alternative Learning Plan. We will also be periodically posting additional resources for families on the district and individual school webpages. Please feel free to contact us by e-mail if needed.

My Kid's School Is Closed, So Now What?

By: Pamela McVeagh-Lally

Other than frequently and empathetically checking in with your kids, what else can you do to support their well-being and maintain a sense of normalcy while they are out of school (and while you are attempting to work from home)? Here is a list of ideas to consider for your family:

- Stick to a consistent routine daily. Set expectations about getting up, getting dressed, and eating breakfast.
- Limit endless snacking. (This may be a tricky one for some of us who have stockpiled granola bars!)
- Create a schedule for each day with your children to break up the time. Include “class time” when they complete school work, dedicated time for play, physical exercise, and emotional and mental health activities. Though there is no need for a rigid agenda, all family members can be soothed by a predictable structure.
- Put a limit on social media. Encourage staying connected to friends, but not obsessively reading news or discussing the virus online.
- Childrens' worries can increase if they are continually exposed to adults panicking or hearing reports of sickness and/or death. Be mindful of news coverage and conversations that are happening around them (i.e. don't have the TV on in the background all day).
- For children without their own phones, set up a FaceTime playdate with a friend and let them chat using your phone.
- Dedicate time every afternoon to organizing and cleaning up to keep chaos and germs at bay.
- Talk about and plan for ways in which you'll deal with family arguments or sibling rivalry.
- Think “old school!” Have story time, play a board game, or try to learn a new language together during evening family time.

*This information was found on Confident Parents, Confident Kids

<https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/>

Sincerely,

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