Take a breath and embrace the moment! Parenting during a period of social distancing: promoting emotional wellness and resiliency.

**Encourage Open Discussion**
- Ensure conversations are age-appropriate
- Listen, empathize and respond
- Relay confidence and highlight positives
- Avoid emotional reactivity

**Create Structure and Routine**
- Keep it simple
- Allow for fun and breaks
- Set expectations and privileges
- Allow each family member to choose experiences

**Embrace Social Responsibility**
- Highlight the opportunity to help others
- Brainstorm creative ideas
- Discuss fun ways to connect to others

**Build Resiliency**
- Recognize emotions and name feelings
- Tolerate discomfort
- Develop healthy coping strategies
- Build healthy supports
- Acknowledge successes
- Using coping strategies

**Make Memories**
- Try games, art, cooking, experiments
- Prioritize family time
- Record memories with photos and videos

**Remain Goal Driven**
- React purposefully vs. emotionally
- Embrace proactive, not reactive, responses
- Encourage healthy conflict resolution

**Prioritize Self Care and Support**
- Practice self-compassion
- Build your support network

**Teach Key Skills**
- Manage feelings
- Tolerate discomfort
- Apply problem solving skills
- Communicate needs effectively

**Adopt a Growth Mindset**
- View risks as growth
- Consider mistakes learning opportunities

**Utilize Coping Strategies**
- Positivity
- Journaling
- Grounding
- Meditation

Need more support? To schedule a phone assessment call 855.383.2224