

SUPPORTING YOUR STUDENT; COPING STRATEGIES FOR THE WHOLE FAMILY

March 29, 2020

ACKNOWLEDGE THIS SITUATION IS NOT NORMAL

Try NOT call this the new
normal

Calling this the “new normal” makes it seem permanent. The change is too big and will feel overwhelming.

This is temporary and it’s okay to feel unsettled, and sad or mad about it.

Ask your student how they’re feeling and let them know you understand.

LOOK FOR THE GOOD

Don't overreact to the not
so good

Try to let your student
know at least one thing
they're doing right each
day.

If something is not going
well, acknowledge it but
don't dwell on it. **Give
them a chance to correct
or adjust.**

BE PATIENT
THERE MAY BE DAILY UPS
AND DOWNS AS WE ADJUST
AND SHARE OUR SPACES AS A
FAMILY

ESTABLISH AGREED UPON
SPACE AND ROUTINES

GIVE EACH OTHER
SPACE DURING THE
DAY

COME TOGETHER IN
THE EVENING

If possible, set up
separate working space for
each member of the family.

Students should not be in
their bed! The bed is for
important sleep.

Try to spend time together
in the evening walking,
watching tv, playing cards
or other games.

SET UP A SCHEDULE AGREED ON BY EVERYONE AT HOME

Be sure everyone has some input and let your student make some decisions if possible.

Morning - your student should include plenty of time to wake up, move around and eat breakfast.

Before and/or after school - your student should include a walk or other physical activity.

Night - your student **NEEDS** a set bedtime that is reasonable.

HAVE YOUR STUDENT
PUT THEIR PHONE TO
BED SOMEWHERE
NEUTRAL BEFORE
BEDTIME

TRY TO HELP THEM STAY ON
A REGULAR EATING
SCHEDULE AND DRINK
NON-CAFFEINATED DRINKS

ENCOURAGE
INTROVERTED KIDS
TO REACH OUT TO A
FRIEND EVERY FEW
DAYS

TRY MEDITATION

<http://mindfulnessforteens.com/guided-meditations/>

Look for free apps like Simple Habit

REMINDE YOUR
STUDENT TO LET
THEIR COUNSELOR
KNOW IF THEY'RE
HAVING A HARD TIME

REMEMBER THIS IS
TEMPORARY, YOU'RE DOING
GREAT AND WE'RE ALL IN IT
TOGETHER!