

Counselor's Corner

Cindy Frederick, MS

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Dear Parents,

"How much longer?!" I'm sure that this sentiment resonates with many of you at this time. In fact, it's a phrase that you are probably asking yourselves as well. After two weeks, we are now at a tipping point in which positivity is waning. Recognize that balancing household chores, virtual learning, and bored children while maintaining your own work is difficult! In addition, there's some expectation that the home environment should now be *magical* in addition to productive. To top it off, there's an actual health and financial crisis that we're anxiously handling. **Self-compassion is paramount.**

The truth is that, as parents, we are the emotional gatekeepers for our children. It's okay to be stressed/fearful and for our children to see us in these states. In fact, being transparent about concerns and struggles normalizes their own feelings. However, it's also important to model coping skills and self-care. These "skills" can be as simple as reminding yourself that you're doing the best you can. Saying it out loud is even better. In this newsletter, I've included some resources to stay calm for you and your children. And, remember, that we can learn from our children as well. My daughter has this quote by her desk, "Keep calm. It gets better." Great advice.

Be well,

Cindy Frederick, MS
Upper School Counselor

SUPPORT FOR PARENTS ABIDING BY THE SOCIAL DISTANCING RULES:

→ [How To Help Teens Shelter In Place](#) from the Greater Good Science Center

This must-read article articulates how difficult it is to keep teens, who are innately social, apart from their friends. It provides tips for playing to a teenagers' desire to be treated as an adult. Helping teens realize the role they play civically and within the family is key.

Photo from USA Today:
Desperate Teens!



ALL THINGS "CALM"

- 3 Minute Self-Compassion Meditation:
[Self-Compassion Break](#)
- FREE RESOURCES From Calm
[Calm Meditations/Activities](#)
- [50 Easy Ways to Beat Anxiety](#)

A QUICK BOOST:

For a sixty-second boost, spot a favorite item and savor its memory. This ballerina snowglobe was a gift my husband bought for our daughter at the National Museum of Art.



FOSTERING CONNECTION

Look at the bright side, your teenager now has nobody to talk to you but you! Here are some great discussion starters😊

[36 questions for fostering connection](#)

And here's a shout-out to the seventh graders who are connecting through (gasp) letters!

