

## Communication From J Pompilius Email 6.04.30.20

NOTE: Information and excerpts from, School's Out: A Parents' Guide for Meeting the Challenge During the COVID-19 Pandemic. NYU Langone Health News Hub, Patient Care; COVID-19 Mental Health Resources for Families 2020

**Email** – Hello PBA Families! Over the last few weeks we have all found ourselves making adjustments. This however is especially true for children and caregivers of school-aged children. We have switched gears from going to school to being at home 24 hours a day/7 days per week. This is especially hard for caregivers who have had to shift gears, possibly working from home and adding the title of “teacher” to their parental resume. This shift creates additional work and stress for both caregivers and children, especially with that parent/child relationship. You can be the fortress of safety and normalcy that is necessary at this time by keeping the following strategy in mind...

**Make a schedule with your child and stick to it.** Unlike summer vacation, this break is sudden and unplanned. Children and teens do their best if there are plans for each day, especially the weekdays when they would have been in school.

- Set regular bedtimes and wake ups.
- Set a separate schedule for the weekdays and weekends.
- Establish a school day educational schedule including meal times, breaks, and time for each subject.
- Exercise and allow time for virtual social contact.

Please Note- If you have more than one school aged child you may find that the schedule is not one size fits all. Children of different ages in different grade levels may need separate schedules. I encourage you to sit with your child and consider their input when making a schedule. Knowing the expectations may make meeting them a lot simpler.

Let's finish strong... Be Healthy, Be Safe, Be Well

Ms. Pompilius