

Hi JHCS Families,

I hope your first week home went well. Working from home and your children doing school work from home may be a first. As we are integrating work and school into our home life, for most of us that is crossing over into our home sanctuary. My hope is that this week you can begin to find your new normal and get into a good groove that works for your family.

Counseling with people who express the same fears, frustrations, and worries that I am having, confronts me with a difficult task. However, while pondering this paradox I find myself in, this is what came to my mind. As a parent of children who have many questions about what is happening in our world right now and who express a lot of fears and worries, I cannot make any of this go away. Or tell them it is going to be alright. Or give them a date when they can go back to school, and see teachers and friends again. What I can do is let them know that I am alright. And despite what happens in the outside world, we are doing in our home everything we can to be healthy, stay safe, check on those that we love and care about, and do everything that can be done to include them in creating this new normal in our family life.

Below are some resources that will help you as you navigate the discussion waters with your family. Also, the emotional teaching that has been taught in the classroom is on the JHCS parent portal mental health newsletter for you to use anytime. Below are also some parent resources to help you as you navigate discussions with your children. Thank you for all you do for your wonderful children, and please let me know if there is anything I can do to assist your children through this unique time.

Have a wonderful day,

Sam Grabert

### **Parent Resources**

Talking to Your Children about the Corona Virus -CDC

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

School is out: A parents guide for meeting the challenge during COVID-19 Pandemic

<https://nyulangone.org/news/schools-out-parents-guide-meeting-challenge-during-covid-19-pandemic>

National Association School of Psychologist: Talking to Children about COVID-19

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

