

*A Parent Chat on...*

**Supporting Your Child & Self**  
**During Times of Change:**  
*Helping your child manage their worries all  
while managing your own*

Presented by Cindy Dempsey & Stephanie Zeidner

*POB Elementary School Counselor*

*Please share topics you'd like addressed during this presentation*

- Go to [www.menti.com](https://www.menti.com)
  - Use the code **38 01 92 7**

**Or click on link:**

<https://www.menti.com/2x3qyu5dcw>



## *during the chat...*

- ★ Please leave mic on mute
- ★ For any questions, a moderator will watch the chat
  - Write question(s) in chat to Cindy Dempsey
  - I will be addressing as many questions as we can

A psychologist walked around a room while teaching stress management to an audience. As she raised a glass of water, everyone expected they'd be asked the "half empty or half full" question. Instead, with a smile on her face, she inquired: "How heavy is this glass of water?"

Answers called out ranged from 8 oz. to 20 oz.


She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, it's not a problem. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, my arm will feel numb and paralyzed. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it becomes."

She continued, "The stresses and worries in life are like that glass of water. Think about them for a while and nothing happens. Think about them a bit longer and they begin to hurt. And if you think about them all day long, you will feel paralyzed - incapable of doing anything."

Remember to put the glass down.

Jimmy Harmon

## *during this chat I hope to address...*

- ❑ Overcoming our own stressors
  - ❑ How to speak with your child about worry to ease worry...
  - ❑ Examine imagery and its benefits
  - ❑ The power of control/choices- which supports talking about changes
  - ❑ Questions
- 

# MANAGING CORONA VIRUS (COVID-19) ANXIETY



## For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

## For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

## For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

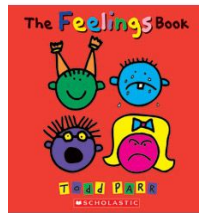
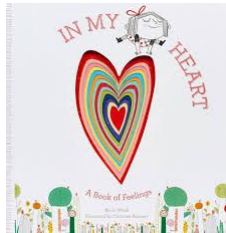
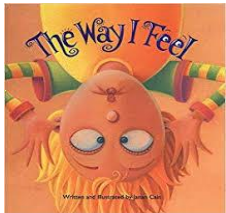
Dealing with your child's stressors while you are worrying, can not just be physically draining but emotionally draining. Self-Care is essential, and helps the whole family.

*There's managing stress and there's managing stress while parenting young children*

- Know the signs that you're experiencing too much stress
- Reframe your stress
  - Reframing: The transformative power of suffering
- Focus on positives, scheduling time to fret
- Learn how to relax
  - Guided Imagery for Kids
  - For parents: A curation of reliable, accessible articles to help you take care of your mental health (scroll to bottom for some guided meditations)
    - GLAD Technique
    - Develop support systems



## How to speak with your child about worry to ease worry...



- Be present, honest & open minded for when they have questions
  - Focus on listening to their questions and concerns
  - Follow their lead-honestly answer questions that they ask
  - Validate feelings
- Focus on what you're doing to stay safe
- Explain the process of what happens when you have worries:
- Illustrations to help explain anxiety
- ✨ Read texts together about feelings

What to Do (and Not Do) When Children Are Anxious- Child's Mind

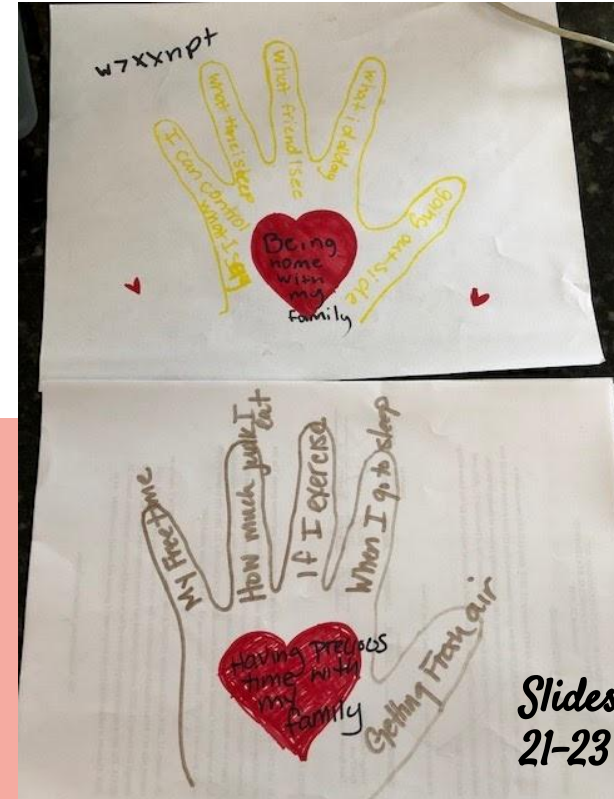
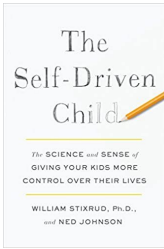


# The Rock & Play-Doh



Explaining what control is with your child

"Over the last sixty years, study after study has found that a healthy sense of control goes hand in hand with virtually all of the positive outcomes we want for our children." -William Stixrud, Ph.D., "The Self-Driven Child"



Slides  
21-23

# CREATE A CIRCLE OF CONTROL

Control is a tricky concept to explain to a child. But a **visual depiction** of what they do and do not have power over makes it much less daunting.

Source:

<https://biglifejournal.com/>



# PRACTICE MINDFULNESS

Mindfulness is the practice of **accepting what is** — without automatically trying to change it.



Explain to your child that we can't always control what happens to us, but we do have a say in **how we respond** to it. We can still choose our attitude.

Source:

<https://biglifejournal.com/>



## Family Mindfulness Schedule

Mindfulness, simply put, is being focused on the present moment. This skill improves emotional awareness and reduces stress. A parent can help their child achieve mindfulness by modeling mindfulness themselves, or by teaching their child to focus on the present moment.

Below you will find mindfulness techniques you can practice with your child during a busy daily routine. Focus on doing one technique very well each day, rather than trying to do many.






# Check-in to stay in the present...

Mindful Morning Check-In Printable Version

Below click on digital version

Mindful Morning	
5	Slowly take five deep breaths. 
4	List four things you can see or notice around you. 
3	List three things you are grateful for. 
2	Say two positive self-talk statements to yourself. 
1	Name one thing you are looking forward to today. 

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Mindful Morning	
5	Slowly take five deep breaths.  <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
4	List four things you can see or notice around you.  <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
3	List three things you are grateful for.  <input type="text"/> <input type="text"/> <input type="text"/>
2	Say two positive self-talk statements to yourself.  <input type="text"/> <input type="text"/>
1	Name one thing you are looking forward to today.  <input type="text"/>

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MENTAL HEALTH REMINDER:

*It's okay to...*

- Have bad days
- Express your emotions
- Take a break
- Reach out for help
- Shut off your phone

COUNSELING.ORG

*Rest the cup,  
it's okay to  
not always be  
okay...*

# *other tools to cope with larger feelings...*

- [Guided Imagery for Kids](#)
- [Practicing Mindfulness](#)
- [Happy Brain, Worry Brain -->](#)
- [K-1 Identifying Feelings Worksheet](#)
- [First Aid for Feelings: A Workbook to Help Kids Cope During the Coronavirus Pandemic](#)
- [For parents: A curation of reliable, accessible articles to help you take care of your mental health](#)





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Please submit any  
additional comments  
or resources you'd like  
here.*



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✦ **Visit my Wellness room**



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