

## **Coping With Change**

How do we continue to be a role model for our children while dealing with fast-moving change and work/home pressure? There are no simple answers, but we can offer some suggestions.

- **Attend a Free Self Care Workshop:** We recognize a seminar for our entire community including ourselves and decided to connect with someone who can help. This seminar led by Kimberly Strafford from the Worry Woos Emotional Intelligence Team of experts will help parents and teachers learn some stress management techniques, how to maintain your cool when feeling overwhelmed, and the use of mindfulness exercises. There will be two sessions for parents (up to 50 participants per session). The parent seminars will be on Wednesday, May 13, and Thursday, May 14, from 5 p.m. to 6 p.m. RSVP here: [https://docs.google.com/forms/d/1Y4lQZPmS7E-ap-F-OfbZSar5vot\\_peXAhjvukO7YIyw/edit?ts=5eac73b0](https://docs.google.com/forms/d/1Y4lQZPmS7E-ap-F-OfbZSar5vot_peXAhjvukO7YIyw/edit?ts=5eac73b0). Our teachers will also have a session on a separate day.
- **Maintain Schedules:** Children thrive on routine and structure. Keep their Monday through Friday schedule for schooling and let their weekends be everyone's time for rest. Maintain their regular bedtime schedule. Of course, a little spontaneous break in the schedule might be what everyone needs, but try not to deviate too much.
- **Plan Exercise and Leisure Time:** Everyone needs exercise and leisure activities to reduce anxiety from being inside all the time. Many parents are saying wonderful things about [Cosmic Kids yoga on YouTube](#). If you can, set aside some time to take a walk or a hike with your child or as a family, the state parks will be reopening Saturday, May 2, 2020.