



**Setting the Tone**

- Humor is an effective coping skill
- Double dip feelings are the new norm
- Feel free to ask questions in chat
- I'm no expert, but I do have a lot of kids and a lot of letters after my name
- Four areas we're going to address: balancing expectations, social distancing, keeping a routine, managing emotions

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## Meet The Parents

- Surprised
- Overwhelmed
- Uncertain
- Scared
- Outnumbered
- Angry
- Stressed
- Trapped

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**You're Doing It Right**

I HAVE YET TO MEET A PARENT WHO HASN'T FAILED AT SOME POINT. BUT THE GREAT PARENTS ARE THE ONES WHO LEARNED FROM THEIR MISTAKES.  
— Susan Lewis  
The Connected Parent

Trying to be perfect during a pandemic is like trying to stay dry in a hurricane. Take it one step at a time. You've got this!  
— RICHIELE BARDI

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But,  
what  
about...?

- “Sometimes the questions are complicated and the answers are simple.” – Dr. Seuss

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ISBE EDUCATION GUIDELINES FOR PANDEMIC PARENTS	 
<p>PRE-K: 20 – 60 min/day; 3-5 min attention span</p> <p>K: 30-90 min/day; 3-5 min attention span</p> <p>1-2: 45-90 min/day; 5-10 min attention span</p> <p>3-5: 60-120 min/day; 10-15 min attention span</p> <p>6-8: Each class 15-30 min/day, Total day 90-180 mins</p> <p>9-12: Each class 20-45 min/day, Total day 120-270 mins</p>	<p>Learning should be enjoyable and only last as long as is necessary</p>

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Social Isolation  
=  
physical safety  
+  
mental stress



The idea of feeling isolated is scary to me - to walk through the world alone would be heartbreaking.

Jacqueline Woodrow  
The Center for the Study of Emotional Health



The hardest walk is walking alone, but it's also the walk that makes you the strongest.

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Let's talk routines

My hobbies include eating and complaining that I'm getting fat.

**I HATE GAINING 10 POUNDS FOR A ROLE**  
AND THEN REALIZING  
**I'M NOT AN ACTRESS.**

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Ask  
Them  
What  
They  
Need

- Some may want your input... mine did not
- Set the expectations AND consequences with them
- Put teens in charge of their own schedule

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