

PARENTING TIPS

COVID-19 Pandemic
Waterloo West High School



EMBRACE THE ADVERSITY

TIP NUMBER SEVEN

It is human nature to avoid pain and difficulty. Research shows that embracing it will help. Embracing means to consciously accept or appreciate something that is unpleasant but unavoidable.



ENGAGE IN REFLECTION

TIP NUMBER EIGHT

Engaging in reflection may help us to find purpose and meaning for the day. Some questions you might ask yourself or your child(ren) to facilitate this process could be:

- What am I grateful for today?
- Who am I checking in on or connecting with today?
- What expectations of “normal” am I letting go of today?
- How am I getting outside today?
- How am I moving my body today?
- What beauty am I creating, cultivating or inviting in today?

