

COUNSELOR NEWSLETTER

Cedar Hill Elementary



HOW TO SUPPORT YOUR CHILD DURING STRESSFUL TIMES

As our home schedules find a new normal, I thought I would share some simple ways we can help our children cope with the changes happening in our world. The following tips came from an Article in Psychology Today. The link is at the bottom of the newsletter.

- **Structure your day.**
- **Have family meals.**
- **Limit media.**
- **Exercise.**
- **Reach out.**
- **Help others.**
- **Practice good sleep hygiene.**
- **Stay positive and future-focused.**

Make sure you take one day at a time with your family. Everyone is adjusting to our new normal!

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Check out the whole article at
PsychologyToday here:

<https://www.psychologytoday.com/us/blog/pulling-through/202004/the-pandemic-toolkit-parents-need>