

# Helping Families at Home

## Attitude Effects Outcome

### Your Attitude Effects Outcome

Your attitude as a parent affects the anxiety level in your home. Our children pick up on our moods and concerns. We need to be careful about what we choose to focus on and how we express ourselves during this uncertain, rapidly changing time.

### Increase Interactions

During this time your child needs reassurance. The following ideas are a few ways you can accomplish this; spend extra time with your children, listen (they may have questions), help them see the many helpers working to keep them safe, and empower them to help by practicing good hygiene

### Consider Your News Sources

- What are you reading?
- How often are you checking the news?
- What are you talking about and how are you talking to friends and family?



### Prompts for Meaningful Discussion

During this time at home one thing you can do is engage in meaningful discussions. The following three prompts can be spread out over the

week. These conversations can be held together as a family. Plan for at least 15 minutes to have these conversations.

#### You may want to follow this model:

- Have at least one person read the prompt.
- Let each person respond to the prompt, speaking uninterrupted as long as needed. Younger children may need some encouragement to share.
- Remind each person to respond to the question, not what anyone else has said.
- After each person has spoken, talk about what you learned from each other and about each other, what did you have in common?
- Make a plan as a family to keep practicing the things you have learn after each discussion.

#### Prompt #1: Practicing Gratitude

*“What are some of the things each of you are grateful for?”*

Let each person share their thoughts. Consider having one person jot down each thing so you can post it somewhere in the house where you can see it all.

**Concluding Your Conversation:** When we are grateful, we are able to cope with difficulties much more effectively. We are also better able to take of ourselves when we are grateful than when we are sad or fearful.

Encourage one another to practice gratitude daily.

## Rehearse Affirmations

Affirmations can help us focus most of our thoughts on positive things. Try these and then make some with your children!

-“I am learning to be grateful for what I have while being excited about what is to come.”

-“Each devastation is an opportunity for transformation, and my gratitude evolves as I do.”

-“I have so many people who touch and enrich my life. I am thankful for them.”

-I welcome all the ways the universe wants to bless me.”

### Create an affirmation jar!

1. Find a jar with a lid, something wide enough for fingers to reach inside. You may decorate the jar if you would like.
2. On different pieces of paper write down different affirmations. You can make up your own or you can choose the sentence starter YOU ARE...
3. Place the affirmation inside the jar. Place as many as you would like inside.
4. Each day shake the jar, pull out an affirmation, and say it out loud.
5. Continue this each day. Add in new affirmations when you run out!

## Prompt #2: Taking a Break

“What are some things we can do when we need to take a break or calm down?”

Affirm your children’s ideas and your ideas! Post the ideas on the refrigerator and keep adding to them as you think of new ones.

**Concluding Your Conversation:** Encourage responses that does not involve social media, it can actually raise anxiety levels at times. Encourage one another to try some of these new ways to take a break instead of turning to electronics.

## Prompt #3: The Difference Between Avoiding and Coping

“What are examples of and the differences in avoiding and coping with it?”

Encourage them to talk about what happens when they have a disagreement with a friend. What is the difference between choosing to ignore them or speaking directly with the person to talk things through? Which way seems to be more effective in the long run?

**Concluding Your Conversation:** When we cope with something, it is no longer stressful, but when we avoid something, it takes effort to stay away.

