

PARENTING IN DIFFICULT TIMES

Supporting our Children During Unprecedented Stress



Challenge of Now

71% of teens reported feeling stressed due to COVID-19 especially regarding how it will affect their school year.

A high proportion of parents with children with disabilities are concerned about their children during the pandemic. [Read More](#)

WHAT IS STRESS?



Stress is an **internal** experience that occurs when we **perceive** that the demands of our environment exceed our ability to meet them.

HOW IT WORKS



STRATEGIES

STRATEGIES

SUPPORTIVE PARENTING



Problem-Solving

When your teen is distressed:

**LISTEN
VALIDATE
EMPATHIZE**

...then support your teen in problem-solving rather than problem-solving for them.



Money in the Bank

Take advantage of **good** moments with your teen.



Create **brief moments** in the day to let your kids know you love them and are proud of them.

It's okay to have negative parenting moments!



Safe Haven

When your teen is overwhelmed, you need to be a **safe haven in the storm**.

You can do this by **grounding yourself** using strategies shared in this infographic!



Apple Doesn't Fall Far from the Tree

The familial nature of anxiety has been well-established, with **genetic studies** showing that approximately **30%** is accounted for by genetic factors.

You need to **take care of yourself**.



Modelling vs. Telling

You need to practice what you preach and **explicitly model** healthy coping behaviours.



Practice the strategies, take care of yourself, and try to create a positive environment!

RESILIENCE BUILDING STRATEGIES FOR YOU AND YOUR CHILDREN



**PAUSE/
BREAK**



**POSITIVE
AWARENESS**



**KINDNESS
TO SELF**



**SOCIAL
CONNECTION**

HOW TO PAUSE/BREAK

Taking a pause/break refers to the practice of any **non-work related activity** that **purposefully distracts you** and **holds your attention**.



An effective way to pause/break is by using **mindfulness**!

WHAT IS MINDFULNESS?

Mindfulness is paying attention to what we sense or experience

In the present moment

On purpose

With nonjudgmental acceptance

MINDFULNESS STRATEGIES

COMING TO YOUR SENSES

Using your senses is a great way to keep yourself in the present moment. Focus on the sounds or smells around you or how your clothes feel on your body.



[CLICK EACH SENSE FOR SHORT GUIDED VIDEOS](#)



Try using a **mindful progressive muscle relaxation** activity.

[CLICK FOR AN EXAMPLE](#)



Try using a **calming breath** activity.

[CLICK FOR AN EXAMPLE](#)

STRATEGIES FOR SLEEP



YOGA NIDRA

[CLICK HERE FOR A YOGA NIDRA SLEEP MEDITATION](#)

WEIGHTED BLANKET



The extra weight creates a rich sensory experience!



KINDNESS TO OTHERS

Encourage your child to **pay it forward** and do something kind for others (e.g., bringing someone a glass of water)



VOLUNTEER (14+)

Volunteering is a great way for your child to connect with others. [CLICK HERE for volunteer opportunities near you.](#)



JOIN A GROUP

Help your child find in-person or online groups that share common interests or hobbies.

SLEEP PODCASTS



[CLICK HERE FOR BORING STORIES \(ADOLESCENTS AND ADULTS\)](#)

[CLICK HERE FOR SLEEP TIGHT STORIES \(CHILDREN\)](#)

SOCIAL CONNECTION

ENHANCE POSITIVE AWARENESS

THREE GOOD THINGS



Note down **3 things that you enjoyed during the day** (e.g., first sip of coffee in the morning or seeing the sun) - think of **how they made you feel** and **savour that feeling**.

Tip! Take turns talking about 3 good things that happened in the last 24 hours at the dinner table.

NOTICING POSITIVE MOMENTS



Use your senses to enhance **positive awareness** during routine activities (e.g., when you shower, notice how the water feels on your body)

KINDNESS TO SELF



Try using a **self-compassion meditation**

YOU DON'T HAVE TO BE IN CRISIS TO SEEK HELP



All of these support lines for **parents** are **bilingual**

Click the support line names to learn more!



LIGNE PARENTS

Free 24/7 Helpline

CAFE

Crise-Ado-Famille-Enfance (CIUSS)

TEL-AIDE

Free 24/7 Helpline for Adults

ADDITIONAL RESOURCES



ANXIETY CANADA

Evidence-based website which provides anxiety management resources for children, adolescents, and adults



GREATER GOOD

Developed by Berkley University of California, Greater Good is for all ages and provides helpful stress management resources



INSIGHT TIMER

STOP, BREATHE & THINK

HAPPIFY

SMILING MIND

iSLEEP EASY

REACHOUT BREATHE

Free **mindfulness** and **stress management** apps available on **iOS** and **Android** mobile devices



Check out the "**mindfulness**" episode in **The Mind, Explained** series on Netflix.

[CLICK HERE FOR MORE INFORMATION](#)



CHILD MIND INSTITUTE

provides you with parenting resource to support your children during the pandemic

KELTY MENTAL HEALTH RESOURCE CENTER

developed by the BC children's hospital COVID-19 specific resources to help you and your kids

CONTACT INFORMATION



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