

Parenting During the “Summer of Covid”

Helping Your Teens Build Resilience and Thrive

June 2020

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Today's Agenda

- Introduction & Activity
- How to Maintain Positive Relationships
- Ways to Promote Productive Communication
- Strategies to Stay Mentally Healthy
- Opportunities for Teens to Stay Busy
- Resources
- Questions and Thoughts

Reflection on Quarantining



What's Gone Well?

In the chat window, type in one thing that has gone well.



What Needs Changed?

In the chat window, type in one thing that needs changed.

Maintaining Positive Relationships

- Relationships are the key to resiliency
- Struggles between parents and teens are normal
- Parents are still the most influential people in their teens' lives

Balanced Thinking

- Independence and Assistance
- Choices and Limits
- Giving in and Choosing Priorities
- Firm and Gentle

Tips to Improve Relationships

- Acknowledge emotions
- Listen and validate
- Don't make it personal
- Ask your teen for input
- Take an interest in your teen's interests
- Build in time for fun and connection

Promoting Productive Communication

- Be present
- Listen more, talk less
- Consider time, place, person, and mood
- Don't talk in "absolutes"
(example - "you always...", "you never...")
- Use reflection statements
(example - "I think what I hear you saying is...")

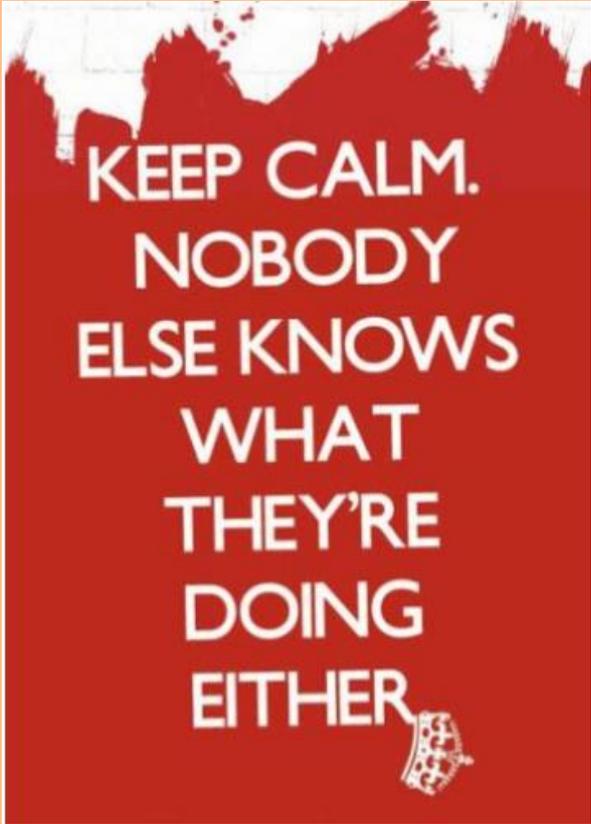
Validation is the Magic Key

- Listen and repeat, listen and repeat
- Stay non-judgemental
- Nod and be curious (example - "Tell me more...")
- Find the "kernel of truth" in what is being said
- Note that acceptance is not agreement

Setting Summer Expectations

- Host a Family Meeting
 - Set a few realistic goals
 - Establish a schedule
 - Brainstorm activity ideas
 - Include input from all family members
- Check-in to review how things are going
 - What's going well
 - What needs changed
 - Make adjustments as needed
 - Add new discussion items

Staying Mentally Healthy

A red poster with white text and a small graphic at the bottom right. The text is arranged in seven lines, centered. The graphic is a small, stylized white shape with a grid pattern, resembling a small house or a piece of paper.

KEEP CALM.
NOBODY
ELSE KNOWS
WHAT
THEY'RE
DOING
EITHER

Be a Role Model for Handling Stress

- Create routines
- Exercise
- Engage in hobbies
- Connect with friends
- Take one day at a time, focus on the now
- Allow yourself not to be perfect
- Lower expectations

Talk with Other Parents!

- Support one another
- [How to Raise an Adult Part 1](#)
- [How to Raise an Adult Part 2](#)



CHANGE IS CONSTANT

ADAPT YOU MUST

memegenerator.net

Summer Opportunities

- Students should do something over the summer
- Let their interests guide them
- They should take the lead on this effort
- You are there to support

Summer Opportunities

- Volunteer
- Online courses/seminars/camps
- Outdoor activities
- Personal hobbies
- Babysitting/yard work/dog walking
- Be creative!

Resources for Summer Activities

- **Student Services Newsletter:** [SS newsletter 5.26.20.pdf](#)
- **Naviance Student:** <https://www.fcps.edu/resources/college-and-career-planning/college-and-post-secondary-planning/naviance-student>
- **FCPS opportunities:** https://www.fcps.edu/academics/summer-learning?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=



RESOURCES

Websites

FCPS Parent Resource Center <https://www.fcps.edu/resources/family-engagement/parent-resource-center>

VDOE Social-Emotional Wellness [Parents Quick Guide](#)

Books

How to Raise an Adult, Julie Lythcott-Haims

Permission to Feel, Marc Brackett

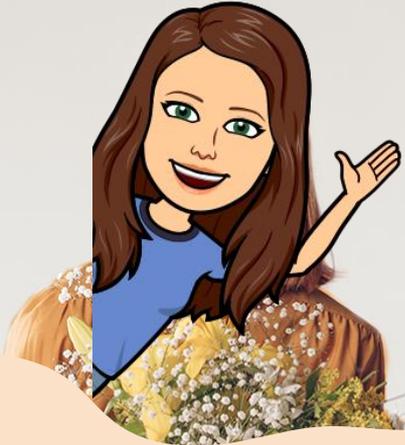
Voice Lessons, Wendy Mogul



Questions & Thoughts

To watch the video of this presentation, please click [here](#).

OUR TEAM



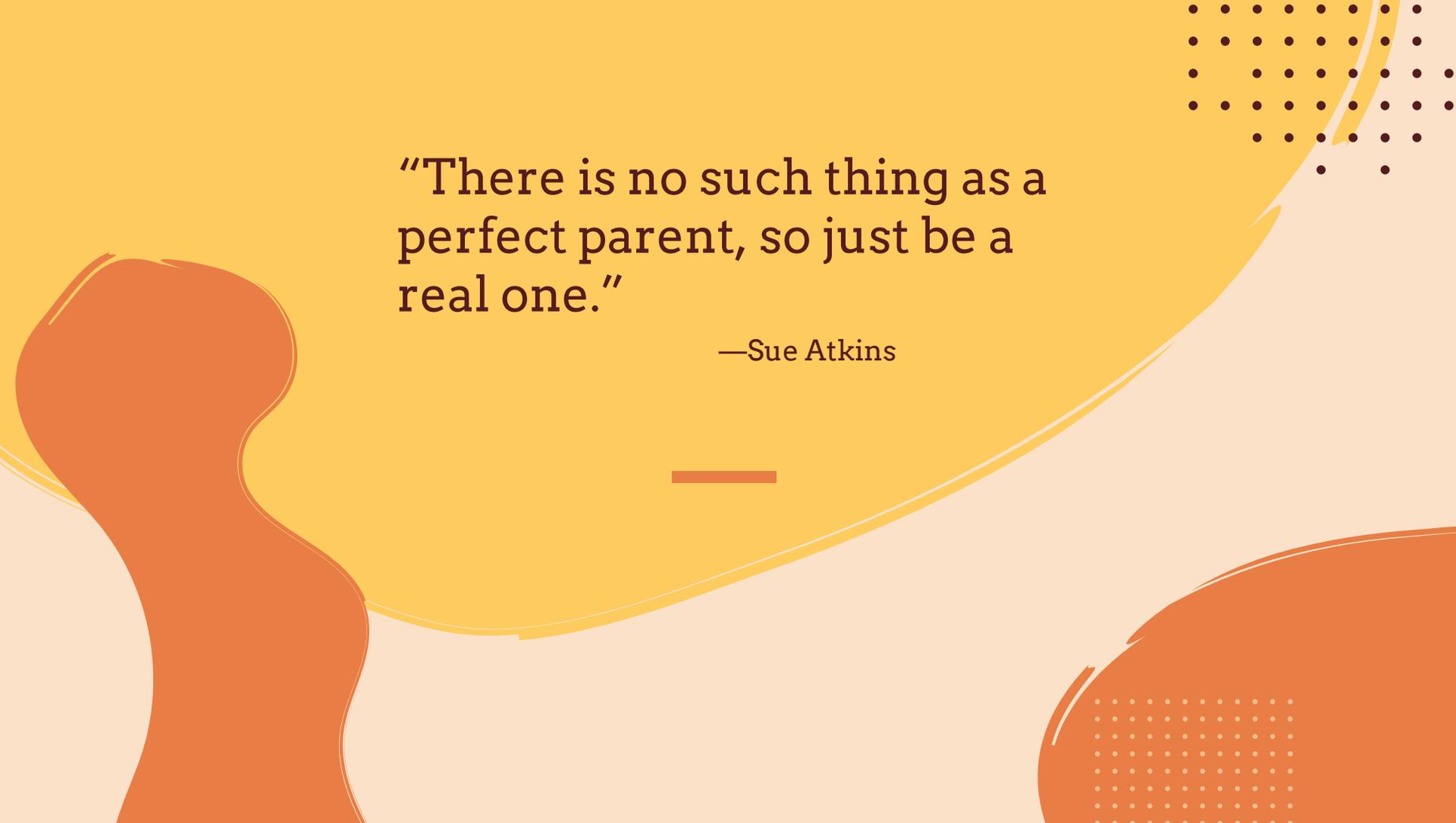
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“There is no such thing as a perfect parent, so just be a real one.”

—Sue Atkins



THANKS

Exit Ticket



