

NAVIGATING THE HOLIDAYS-A PARENT RESOURCE GUIDE

Provided by the GCPs School Social Workers



MAINTAINING ROUTINES

- Try to keep bedtimes and wake times similar to when school is in session to make the end of a break easier on everyone.
- Maintain expectations around the house. A break from school doesn't have to mean a break from responsibilities. Whether it's having them take out the garbage, walk the dog or clean their room, try to be consistent.

PRACTICING HEALTHY HABITS

- Get rest.
- Eat smarter, drink water.
Be active.
- Set limits on screen time.

COPING WITH STRESS

- Acknowledge and express feelings.
Slow down and breathe.
- Be mindful and present.
- Set boundaries.
- Practice gratitude.
- Come up with your own coping strategies.

GETTING CREATIVE

- Create new traditions.
- Host a virtual gathering.
- Cook a nice dinner as a family.

Source: Strong4Life, Worldedudatioin.com and positivepsychology.com

PARENT TOOLBOX

Maintaining Routines

MHFA
<https://www.mentalhealthfirstaid.org/2020/05/the-importance-of-maintaining-a-routine-while-at-home/>

Practicing Healthy Habits

NIH
<https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/healthy-habits.htm>

Coping with Stress

GCAL
<https://www.georgiacollaborative.com/providers/georgia-crisis-and-access-line-gcal/>

Allowing Yourself to Grieve

VPH
<https://www.myviewpointonline.org/>

Getting Creative

Parents
<https://www.parents.com/fun/activities/indoor/activities-to-encourage-creativity/>

Getting Back on Track

United Way
<http://211online.unitedwayatlanta.org/>

ALLOWING YOURSELF TO GRIEVE

- It may seem like you shouldn't celebrate right now, or can't enjoy the holidays, when you or others are grieving. However, allowing yourself to feel whatever you feel is part of the healing process.
- Laughter and joy can also help you feel hopeful and more connected to your family. If you are grieving the loss of a loved one, consider ways you can remember and honor them during the holidays.

GETTING BACK ON TRACK

- Set reasonable personal and academic goals for the new semester:
 - Write clear and measurable goals.
 - Create a specific action plan for each goal.
 - Read your goals daily and visualize yourself accomplishing them.
 - Reflect on your progress to see if you are on target.
 - Revise your action plans if needed.
 - Celebrate your accomplishments.
- Help your student complete the following:
 - My goal is...
 - Goal Completion Date:
 - Steps to Reaching My Goal:
 - Two Things That Will Help Me Reach My Goal:
 - I Will Know I Have Reached My Goal Because: