

## Dear Bulldog Families,

From Vickie Feuerborn, Elementary Counselor

As all of you read this letter, we are all at different levels of feelings and emotions; whether it is patience, frustration, sadness, anger, and maybe some happiness. No matter what emotion you are feeling and to what degree, acknowledge it and keep your positive self-talk going. **We are all in this together.**

By now, like emotions we are all at different levels of home life; whether an adult is working at a job or not working, maybe working at home, kids are bored, kids are arguing, little or no internet, short on money, health/wellness issues, having to deal with school work and kids that don't want to do school work, difficult to teach the school work, etc, etc.,etc!

### **Be assured, YOU and YOUR FAMILY are not alone.**

1. First of all, be aware some things are out of our control. We have to accept that.
2. Stay calm as much as possible. If you have to, leave the room to calm down. Use some calming down techniques that work for you. (Some ideas will be sent at a later date.)
3. There are the necessary things we have to do every day, but then have fun with your kids. I don't know how many of you have games, puzzles, etc but there are other things your family and kids can do.
4. Find **Humor** in something!
5. Find three things to be **grateful** for!
6. **Routine, Routine, Routine** Keeping a schedule or routine is one of the best things a family can do. It is good to have family routines and child routines.

Routines/schedules help with stress. To have a regular time to get up, etc. helps everyone. To get into a routine can be difficult, but it will pay off in a long run. It takes patience while establishing it. Depending on your family and the age of your children, the schedule could be the same or it could be different.

When setting a school work time-that could vary. Maybe the parent works with all the kids at the same time or maybe that time will have to be staggered if the family is sharing one device. It all depends on the family and each family is different. You might have to re-adjust your schedule when you find something that does not work. That is ok. Do what works for your family.

Example:

8:00            Get up, make bed, get dressed, eat breakfast.

8:30            Brush teeth, comb hair

9:00            Exercise or go for a morning walk if possible  
9:30            Read or work on a little school work  
10:00           Midmorning snack  
10:15           chores/responsibilities  
10:45           School work  
ETC.....  
8:00            Bath time  
8:30            Quiet time  
9:30            Bedtime

The above is only an example. You have to establish a routine that works best for you and your family.

I will be sending out more information on different things later. I apologize. I did not intend for this to be as long as it is.

Please, please, please email for anything I can help with. I just ask for you to remember that I may not be able to help you with everything, but please email me.

I would love to hear from you and your kids! Email me even if it is just to say hello or what you have been doing! **I miss your kids!! Please tell them hello for me!**

**I WOULD LOVE TO HEAR FROM YOU AND YOUR FAMILY! All of you!**

*Take Care and Be Safe. Bulldog Strong! We can do this!!*

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Also, please let me know if you work in the health care profession or know of someone that does.