Pandemic Parenting Resources

For Parents:

Click here to watch the Pandemic Parenting Conversation with Rabbi Spratt, Dr. Reina Marin, Kerith Braunfeld and Marcia Stein

Websites

Pandemic Parenting
- Explore Webinar Recordings, Resources, and More!

Articles

Talking to Tweens and Teens About Coronavirus
- Introducing an open and honest narrative for discussing the Coronavirus with your teens and tweens

How to Help a Child With An Anxiety Disorder
- Learning to understand and support your child through their personal experiences with anxiety

The Hardest Fight to Have With Your Teen
- Seeing the pandemic through your teen's eyes: Acknowledging the social and emotional tolls that the Coronavirus pandemic places on your child

How to Do School When Motivation Has Gone Missing
- Understanding how to keep your child’s academic motivation alive when the exhaustion of a pandemic sets in

The Pandemic is a “Mental Health Pandemic for Parents”
- Navigating the stressors of being a parent while managing the social, emotional, and physical stressors of a pandemic

When What Parents Are Feeling Is More Than Just Stress
- Continuing to listen to our bodies amidst the Coronavirus’s impact on our physical health routines

Silent Signs Your Child Is Stressed (This article requires a subscription to view)
• Working to identify the signs and symptoms of stress in your child

How to Meditate
• A beginner’s guide to the basics of meditation practices

The Promise of Self-Compassion For Stressed Out Teens (Requires a subscription to view)
• Why self-compassion is the secret ingredient your teen is missing in their life

Benefits of Self-Compassion: When Teens are Hard on Themselves
• A glimpse into what it means for your child to practice forms of self-compassion

How to Help Kids Open Up About Anything
• Ways in which you as a parent can help nurture a safe space for your child

Too Hard on Yourself? Why a Little Self-Compassion Can Take You a Long Way
• Learning to embrace self-compassion, one step at a time

How Self-Compassionate Are You? (Requires a subscription to view)
• Take this self-compassion quiz!

The Transformative Effects of Mindful Self-Compassion
• Learning to embrace (rather than fear) the process of self-compassion. Why being good to yourself is actually quite healthy

For Your Family:

CASEL Website – The Collaborative for Academic, Social, and Emotional Learning
• Learn more about Social and Emotional Learning!

On Our Sleeves Website
• The Movement to Transform Children’s Mental Health

Ruler: Back – to – School 2020 Resources
• Yale Center for Emotional Intelligence

The Mood Meter
• A tool for developing greater self-awareness and awareness of others

Creating a Family Charter

Pure Community Webinars
• Check out the new and exciting Family SEL webinars on demand

The Self-Compassion Workbook for Teens
• A self-compassion workbook that you can purchase for your teen!