

# Parent Wellness Support

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# Agenda

- Check-in
- Parent Education and Support Survey
- Parent Wellness Challenge
- Questions, Concerns, and Support Seeking
- Supporting Your Student's Transition Back to In-Person Learning
- Resources



# Check-in

- Please introduce yourself and share, briefly, how you are doing?
- What brings you to this group today?
- Is there anything that you or your family need support with this week?



# Parent Education and Support Survey

The Mercy Counseling Team would like to know how we can best support YOU this semester. Your feedback will help guide us to provide parent events, programming, and support opportunities that are relevant and helpful. Thank you so much for taking the time to complete [this](#) survey!



# Parent Wellness Challenge

Challenge: before every meal, take **three** long, slow breaths

- Benefits from this challenge include, improved digestion, stress/tension reduction, increased mindfulness

Bonus challenge:

- No tech while you eat!



# Questions, Concerns, and Support Seeking

- ?????



# Supporting Your Student's Transition Back to In-Person Learning

- Have open, honest discussions-- in advance!
- Name fears to tame fears
- Listen, validate, and help to problem solve--in that order!
- Focus on the positive
- Build a predictable routine again
  - Build in extra time during the initial transition
- Model calm behavior



# Resources

## Articles

- [How to help your child cope with the transition back to school during COVID-19](#)
- [Supporting your child's mental health during COVID-19 school returns](#)
- [Making Decisions about Children Attending In-person School During the COVID-19 Pandemic: Information for Parents, Guardians, and Caregivers](#)
- Mercy [Counseling and Wellness Resources](#) link.

Continue reaching out to counselors, teachers, administrators if you or your student needs support-- we are all here for you!

