

# Teachable and Mindful Moments

These are some tips to help support your child and their big feelings and to find time for yourself during this difficult time. For more information, please ask your Play 2 Learn teacher for more support!

REMEMBER, you are your child's FIRST and BEST teacher!

## How to help support your children and their worries

- Be honest but also keep in mind their age and what they can understand • It's okay to say "I don't know," when they ask questions you don't know how to answer • Remind them of what you are doing as a family to stay safe
- Ask how they are feeling, help them give a name to how they are feeling •  
Tell them how you are feeling too
- Talk about the highs and lows of the day and what they are looking forward to tomorrow •  
Spend time together playing games, reading books and learning something new like yoga •  
Stay positive and reassure them that they are safe

## Take time for yourself for a few minutes each day

- If you can, take a short walk alone
  - Watch a favorite show
  - Complete a craft
  - Finish a project
  - Get plenty of sleep
- Call a friend or family member
  - Ask for help if you need it



We are all faced with different challenges from working outside of the home to trying to work from home and make the time stress free for our kids. Remember, our children learn how to cope with difficult times by watching the adults around them. If you are able to stay positive then they will manage this difficult time in a positive way as well!

Early Learning & School Readiness



GWINNETT COUNTY PUBLIC SCHOOLS