

Your Feelings, My Feelings, Our Feelings

During this Covid-19 pandemic, there is no "how to" for parents to understand how to deal with the challenges they are facing every day...and it is terrifying! We feel out of control and unsure of how to respond to our children. Fortunately, there is a lot of help around us. Below are some tips to help you deal with your own feelings and your children's feelings.

Children listen to some of what we say, but all of what we do. In order to respond well to our children's feelings and worries, we need to identify and deal with our own. How have you been behaving lately?

- With sadness and withdrawal, or aggression and antagonism?
- Trying to control specific areas in your life that may not require control so that you feel like you have power over something?
- Overeating unhealthy foods, binge-watching TV, or overindulging in alcohol?

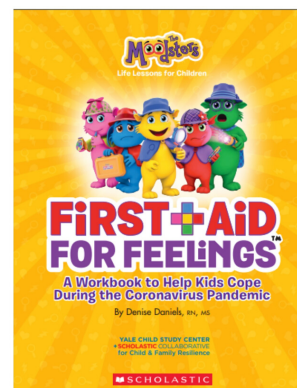
If so, think about how your behaviors may be affecting your children and some of the things you can do to reduce these behaviors.

Children display their feelings of anxiety and stress differently than adults do. Connecting with your children is especially important during this time of isolation. Observing and talking with your children about their behaviors will help you understand their feelings. How have your children been behaving lately?

- Unusually clingy and seeking attention or reassurance?
- Having tantrums or meltdowns when they typically wouldn't?
- Being moody and irritable or having difficulty sleeping?
- Complaining of headaches and stomach aches?

Finding positive ways for both you and your children to express your feelings will help you deal with worries and uncertainty.

First Aid for Feelings. A great resource I discovered on Scholastic.com is a workbook that can be downloaded (both in English and Spanish). It has places for children to respond and also shares great strategies children can work on when they are having feelings they don't understand. To download the workbook click [here](#) or the image on the right.



Patricia Kent, M.Ed.
Licensed Behavior Specialist

Patricia Kent, M.Ed, LBS is a licensed behavior specialist who works in Bucks County, Pennsylvania. She provides support to families and educators whose children experience behavior challenges. Patricia is a graduate of Drexel University and Holy Family University, and received her certification in Applied Behavior Analysis from Arcadia University. She can be reached at pattykent25@gmail.com.

Poetry Time!



Sometimes

Sometimes I just have to cry,
I don't know why,
I don't know why.
There's really nothing very wrong,
I probably should sing a song
or run around and make some noise
or sit and tinker with my toys
or pop a couple of balloons
or play a game or watch cartoons,
but I'm feeling sad,
though I don't know why,
and all I want to do is cry.

-Jack Prelutsky

Don' Tell Me

Please don't tell me I should hug,
Don't tell me I should care.
Don't tell me just how grand I'd feel
If I just learned to share.
Don't say, "It's all right to cry,"
"Be kind," "Be fair," "Be true."
Just let me see YOU do it,
Then I just might do it too.

-Shel Silverstein



Reading and writing poetry is a good way to deal with feelings.

Helpful Websites

How to Help Children Manage Feelings

<https://www.nspt4kids.com/parenting/8-tips-to-help-your-child-gain-control-of-hisher-emotions/>
<http://www.imom.com/6-steps-helping-child-handle-emotions/>
<https://www.heysigmund.com/how-to-self-regulate/>

Poems at Home

<https://www.readingrockets.org/article/poems-home>

Find all of these and other resources on our website
www.uwbucks.org/covidresources

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