



# Social-Emotional Health of Our Children During Covid-19

- ✓ Acknowledge the new normal. Don't try to fix the situation or put a band-aide on the situation.

*"Things are definitely different and I understand that makes you sad."*

- ✓ Accept their perspective, even when it is different from yours.

*"I hear you and I am sorry."*

- ✓ Seek to understand and validate the social needs that aren't being met and the reasons behind their behaviors.

*"I wonder if you are angry because you miss your friends?"*

- ✓ Regularly take YOUR emotional temperature and your child's.

*"On a scale of 1 to 10, where are you right now?"*

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