



Dear Parents,

Hey...pause for a moment! Fall has swooped in! While in the midst of virtual learning, some returning to staggered in-person learning, your work schedule and well, just life....SLOW down for a minute to take in the briskness of morning air and the changing colors of fall around you! See below some ideas for ways to celebrate Fall “at home”.

For the past two weeks our tips have focused on strategies to prevent and manage various unwanted behaviors that may have started showing up with your children during virtual learning. We can't say this enough...continue to extend grace to yourself and your children because while these strategies may make perfect sense on paper, we know by our own trials and repeats that knowing a strategy and trying to live it out in practice are two very different things! With that in mind, these behaviors showing up in conjunction with everything else that is STILL going on in life....may require some DEEP BREATHS! It is important to remember selfcare and the act of filling your own cup as you continue to pour out into your children.

Here is a quick and easy breathing exercise that can help with calming yourself before addressing unwanted behaviors:

Breath In – 4, 3, 2, 1.....Hold – 4, 3, 2, 1.....Breath Out – 4,3, 2, 1.....Breath Regularly – 4, 3, 2, 1.....Repeat as many times as needed!

This week....

- Take time to review the tips from the past two weeks (*See Attached PDF's and watch our Live Discussions*) which outline helpful strategies...when to use them, how to use them and cautions to keep in mind.
 - [October 1st Live Discussion](#)
 - [October 8th Live Discussion](#)
- We also invite you to our live discussion where we will do a brief review and finish discussing (in detail) the remaining strategies.
- Consider the following fall “at home” suggestions:
 - Enjoy a warm drink with your children (hot chocolate, apple cider, orange space tea. Hot cinnamon milk, etc.)
 - Put up some Fall decorations around your home and/or their school work stations
 - Have your children participate....
 - This can be a field trip to the dollar store for fall items or to the craft store for items to make
 - It could be going through your storage to locate your fall items

- Do a fun craft project with your children around the change of seasons (cut out leaves, carve a pumpkin, try s'mores over a fire pit- *safely*, have a conversation with your children about what they love/dislike about the season, etc.)
- Plan comforting Fall meals with your family that create lasting memories (chili, soups, casseroles etc.)
 - When appropriate, have your kids help planning and making the meals
 - Try recipes that have been shared over some generations

Remember, Parents Stay Positive!

Parents...Got Questions??

We'd love to hear from you – send us your questions and scenarios at triplep@mecklenburgcountync.gov

and we will answer them on the weekly live discussion. We'll even roleplay/walk through some particular situations to show how strategies can be used.

www.triplep-parenting.com