



## Parents, Stay Positive!!!

Cut Yourself Some Slack (and everyone else)...NOBODY is perfect! This is new for most of us!

Greetings Triple P Practitioners, Parents and Caregivers,

We've made it through week 1 of school - let's celebrate! This week, let's revisit some of those tips previously shared to help us remain focused, plan out a remote learning school day, and strengthen those technology skills we'll need to support our children (and ourselves!). Most of all remember:

- **Own your schedule**...Keep working TOWARDS the perfect balance of work-school and personal life
- **Be self-aware**...know when you are tired, frustrated or being triggered...and step away
- **Keep things in perspective**...remember this too shall pass....An important question is how do you and your kids want to remember these times?

<b>Re-Zooming School: Points to Remember</b>	
<b>Re-Zooming (Resuming) School</b> <i>Returning to virtual learning...</i> <i>Let's get Ready</i>	<ul style="list-style-type: none"> <li>• We're here and this is happening</li> <li>• Get balanced</li> <li>• Normalize Virtual Learning</li> <li>• Plan, Prepare &amp; Purchase</li> </ul>
<b>Re-Zooming School part 2</b> <i>Ready, SET...: Planning For Success</i>	<ul style="list-style-type: none"> <li>• Create a schedule and stick to it</li> <li>• Make necessary contact with the school</li> <li>• Nutrition and learning are related</li> <li>• Look for resources in the community</li> <li>• Communicate with your children about the upcoming school year</li> <li>• Self-Care – PARENTS &amp; CAREGIVERS take care of yourself</li> </ul>
<b>Tech...Tech...BOOM</b> <i>Navigating Technology and Innovation</i>	<ul style="list-style-type: none"> <li>• Virtual learning hacks are useful</li> <li>• Use parental controls (Safety, Privacy, &amp; Security)</li> <li>• Set realistic expectations around screen time</li> <li>• Set an example for appropriate technology use</li> </ul>