

## Information and Resources for Parents/Caregivers

### **Parenting in a Pandemic**

Parenting at any time can be challenging; parenting during COVID-19 can be even more stressful. Both you and your children may be feeling worried and overwhelmed. It can be hard to know how to talk to your child about COVID-19; how to best support your child as we all navigate disrupted routines and changes to home, school, and work life; and how to make sure you are taking care of yourself during this difficult time.

On this [page](#) you will find some information and strategies for parents and caregivers, as well as some links to resources you might find helpful. You can also [contact the Kelty Centre](#) if you are a parent or caregiver looking for mental health information, resources, or peer support related to your child's mental health.

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### **[“Growing up in a pandemic: health and resilience in kids” Webinar](#)**

Parents and caregivers are essential to helping young people navigate change and build resilience, which supports physical and mental health and development. Join three UBC experts from the Faculty of Medicine as they share their insights for how to guide the children and teens in your family to thrive in the abnormal world of the pandemic.

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### **Stress strategies for teens (and the rest of us)**

According to a 2018 survey of SD62 grade 7-12 students, 34% report experiencing quite a bit or extreme stress and I suspect if youth are like us, they too are feeling even more stressed during this crazy time. While stress can be a helpful thing, its effects can add up and take their toll. [Check out this page](#) that has tips and strategies geared to helping teens (et al) learn how to manage life's inevitable ups and downs. And remember, basics like eating well, getting some activity, managing screen time and getting enough sleep are also great stress management strategies.

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### **The Teenage Experience – what to expect and how to help your teen (and them you!)**

*Teen Mental Health*, a world leader in helping provide evidence-based resources for educators and parents, has developed two great resources that help parents and teens gain more insight in to adolescent development, including their mental health. Check them out [here](#).

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## **Helping Kids Cope with Disappointment**

While most young people are coping pretty well with this crazy COVID time, it's hard not to feel disappointed with what's not happening that typically is. So, what can you do to help your children deal with their disappointment? How can you turn these situations into learning experiences that help foster resilience so that your children are better able to cope with life's challenges? [This article](#) provides helpful, evidence-backed, practical tips specific to the times we're living in.

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## **Talking about Mental Health**

Finding accurate information and appropriate resources can be hard. Jack.org, [School Mental Health Ontario](#) and [Kids Help Phone](#) have partnered to bring you all the information needed in one easy-to-access hub so that youth mental health remains top of mind, and our communities are able to easily access the education, tools, support and reliable information they need.

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## **Asking for help is a really good thing!**

It is a crazy time and with the help of some SD62 youth, we've created this [poster](#) that connects readers to available (and free) resources that exist in our community, nearby and online. This poster is plastered on our school's walls, please help extend the sharing.

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