



School Counsellor Newsletter

Edition 41

Lockdown support for parents

With so much to adapt to, updates to be aware of and the news changing daily, lockdown can be a time of information overload. Yet, it is also a time when we need new information to help us cope and manage as effectively as possible. So that I add as little as possible to any potential information overload you may be experiencing, this newsletter is a series of links, with brief descriptions, signaling to you online resources that may be of use to parents in lockdown.

The most important message, I believe, is to be kind to ourselves and those around us. Lockdowns and uncertainty can be challenging. We may not get everything right in lockdown but we will certainly get most things right and this is what we need to focus on and remind ourselves of. Make time for yourselves, make time to connect with your son and make time to decide as a family what is most important for you all during this time.

I do hope there is something here to assist you in lockdown, if required.

Noho ora mai rā - look after yourself.

[Talking to children about COVID-19](#): This Ministry of Education link provides a range of useful information for parents ranging from how to reassure and support children, the importance of remaining calm and making yourself available to children, how to maintain structure and routine as much as possible, coping with isolation and how to manage online information for those older children who might be accessing this.

[Aristotle Emotional Intelligence Resources](#): This link takes you to the Counsellor page on the Medbury website, specifically to resources made available by Aristotle for parents during lockdown last year.

This includes resources on mindfulness, emotions, self-care, gratitude, soothing boxes, and belonging. Overview newsletters about these resources can be found [here](#).

[Sparklers](#): This link takes you to the parenting page of Sparklers, an excellent resource which supports the wellbeing of young Cantabrians and their families. Two of my personal favourites for lockdown include: [40 kai pai things to do outside](#) and [Staying grounded and feeling good](#).

[Smiling Mind](#): This link takes you to a resource aimed at self-care for adults, in particular those who are looking after or working with children. In addition, you may consider downloading the Smiling Mind App for your own mindfulness practice.

[New Zealand Institute of Wellbeing and Resilience](#): this link takes you to information and a video specifically relating to lockdown support and ideas for parents of young children.



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Jenelle is a Registered Provisional Member with NZAC (New Zealand Association of Counsellors).

If you wish to discuss the services the School Counsellor can provide, please see your son's homeroom teacher or Amos Pilgrim:

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