

Parent Connection & Conversation

Join Pine Island School-Linked Therapist Hannah Frost for Parent Connection & Conversation (PCC), a time for parents to connect and support each other through these uncertain times.

Access any or all of the meetings below using this Zoom link:

<https://zvhc-org.zoom.us/j/83104322647>

February:

- Show each other some *love* this month! Try to keep a 4 to 1 ratio of (4) positive to every (1) negative feedback statement to your child.
 - o Feb 3 (6:30-7:15pm) – Positive Reinforcement for problem behaviors
 - o Feb 17 (6:30-7:15pm) – quality time

March:

- When addressing misbehavior, parents sometimes *march* right into getting escalated themselves. Model emotional self-care when this happens by taking a step back, take a break, and practice some deep breaths to de-stress before returning to address the situation.
 - o March 3 (6:30-7:15pm) – Coping with problem behaviors
 - o March 17 (6:30-7:15pm) – Spring Break Self Care ideas at home
 - o March 31 (6:30-7:15pm) – Mindfulness for parents

April:

- Stuck at home due to social distancing rules? Have a family movie night! Many kids movies contain important lessons about social skills like teamwork, emotional regulation, and grief and loss. Both Frozen movies are great examples- they tackle tough subjects like losing a loved one, feeling out of place in the world, and coping with growing up. Try asking your child questions like, “What do you think that character is thinking and feeling right now?” “Have you ever been in a similar situation?”
 - o Apr 14 (6:30-7:15pm) – Favorite Family Movies
 - o Apr 28 (6:30-7:15pm) – Teaching Social Skills at Home

May:

- Help your child (and yourself) be well-rested and ready for the day by developing a sleep routine. Try to limit screen time 30 minutes before bed, or use a blue light filter. Do some calming activities like coloring, reading or taking a warm bath. Make sure the routine starts and ends at the same time every day for maximum effectiveness. You *may* find yourself feeling much more alert the next day!
 - o May 12 (6:30-7:15pm) – Developing a sleep routine
 - o May 26 (6:30-7:15pm) – Strategies for limiting screen time

Contact Hannah Frost at 507-535-5719 or
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