**Tips for Family Relationships! You Are Doing the Best You Can!**

**Relationships are always changing and now more than ever issues are highlighted between the parent/ guardian and child relationship.  Adults at home are trying to support the delivery of curriculum, and students are adjusting to their parents being more of a daytime “teacher”.  For some parents “working from home” during a pandemic takes on a whole new meaning with pressure to be present and attend to children’s learning, fulfill their own employment duties and/ or perform other caregiving and household responsibilities.    Attention is often further divided and many feelings emerge including worry, frustration, sadness and guilt. Feelings are always valid and it is the recognition of another’s experience that can help during tough moments.**

**Students are missing their classrooms, recess with their friends, independence from their parents/ guardians, and time with their teachers where they learn new material and demonstrate their knowledge amongst their peers.  Adults also are experiencing losses of all kinds- some profoundly so. When we acknowledge that this is difficult- for everyone, we can help relieve some distress and make space for growth and learning.**

**Everyone is trying to do the best that they can. You’re doing the best you can.  Repeating this to yourself, to others and to your children helps keep perspective. This in turn, reduces stress.  Everyone is adjusting to a new routine, changing roles and added responsibilities.**

**Validating others feelings- most importantly, the feelings of children, is a critical part of maintaining relationships, despite distress.  When someone feels validated- they feel acknowledged and supported as they cope with their feelings and experiences.**

**Try to promote warmth and kindness. Try to find some time to spend together doing something fun.  Play a game, go for a walk in nature, eat a meal, watch a show together. Being present and available to each other is the best thing we can do to support one another. You are doing the best you can!**