



# Parenting Through the Holidays During a Pandemic

A virtual parenting workshop brought to you in  
partnership



# Brief Overview

Here's what to expect with our time today:

- Navigating and normalizing our emotions (Poll)
- Stress management and self care
- What does modeling for our youth look like
- Prevention strategies during this time
- Rethinking the holidays (Breakout Room activity)
- Final thoughts and resources





# Poll



# Connection, Moderation, Grabbing onto Glimmers

Building mental wellness

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# MODERATION

Moderation is one of four basic tenets for **building resilience** in the face of *unpredictable, extreme, prolonged stress*.\*

Moderation promotes balance between extremes, optimizing engagement, connection and health.

**Attribution: Dr. Bruce Perry**

[Home | NMnetwork \(neurosequential.com\)](http://NMnetwork.neurosequential.com)



# **Ideas to stay regulated in distance learning as manage a pandemic**

**School space (can be a corner of the kitchen table)**

**Routine (not rigid schedule)**

**Breaks (self compassion)**

**Chunks of work if possible (avoid overwhelm)**

**School contact (information and resource gathering)**

**Glimmers: is there one thing that brings you momentary peace/joy?**

# What is “Normal” for youth right now? How do I know when to be worried?



**Consistent difficulty sleeping and/or significant changes in eating**



**No moderation or balance- only gaming, only on SnapChat, only school**



**Youth expresses overwhelming feelings of hopeless and/or significant disconnection**



**Consistently low energy and/or little to no interest or engagement in previous activities**



# Community Based Family Supports

## List of Warmlines and Hotlines

**Check in with your school social worker or counselor**

**Check in with your health insurance or pediatrician**

**Check in with your faith community or other groups you are connected to**

# Stress Management - The 4 A's

## AVOID

- Take control of surroundings
- Avoid people who cause stress
- Learn to say no
- Drop some responsibilities

## ACCEPT

- Practice positive self-talk
- Talk with someone
- Forgive



## ALTER

- Communicate feelings openly
- Work on time management
- State limits in advance
- Ask for help

## ADAPT

- Adjust expectations
- Reframe the issue



# Self-Care Strategies

## Types of Self-Care



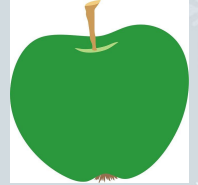
## Ask Yourself:

- What are some things that you enjoy?
- Are there routines or rituals that are important to you?
- What makes you feel re-energized?
- What makes you feel drained?
- Are there boundaries that you could create or remove that would support your well-being?

## My Self-Care Plan

-  Practical things I can do:
-  Things I can do for my mental and emotional self:
-  Boundaries I need to set for myself:
-  My support partners to check in with:

# Model the Behavior You Want to See From Your Kids



# Modeling Responsible Behavior with Alcohol: Some Tips

- Evaluate your own alcohol use
- Be mindful of language
- Provide alcohol-free alternatives
- Have conversations with youth about alcohol
- Do not provide alcohol to minors
- Do not allow underage drinking in your home





**Parents are a key factor in the choices young people make about alcohol and other drug use.**

**Focus on how your family can  
be connected and joyful this  
holiday season.**

“Oh...there’s no place like home for  
the holidays,  
For no matter how far away you roam  
When you long for the sunshine of a  
friendly gaze,  
For the holidays – you can’t beat home  
sweet home...”



# Setting Boundaries

Parties and get  
togethers

Talk to your kids

Talk with other  
parents

Access to alcohol  
and other drugs





“In parenting there is ultimately no greater influence on our children than the role model we as parents provide for them. All of our actions and behaviors are stored in their memory and will influence the decisions and choices they make as they navigate the minefield of adolescence. If we as a society wish to impart the value of teenage abstinence from alcohol and other drugs, we must start in our own homes and provide them with enviable role models.”

*New York Times Article, January 2000*



## **Breakout Activity:**

**What are some things your family plans to do to make the holidays special this year?**



**Pre-K and  
Elementary**

**Middle  
School**

**High school/ Young  
Adult**

# Activity Debrief



# Resources

[PPS REAHL](#)

[Request a copy of \*High: Everything You Want to Know About Drugs, Alcohol, and Addiction\*](#)

[Mental Health Warmlines and Hotlines](#)

[Tips for managing Holiday Stress](#)

[Resources for rethinking the holidays \(group brainstorm\)](#)

[Seven ways to volunteer with kids this holiday season](#)

[Big Village Website](#)

[Self Care Plan](#)

[Hands on Portland](#)

## 10 Tips for Managing Holiday Stress

### TALK ABOUT WELLNESS WITH YOUR FAMILY AND LOVED ONES

Enlisting family members to think about what everyone needs to have a happy holiday season, even if it is going to be celebrated differently. Start by talking about how they are feeling, what they are looking forward to and how to support each other.



### REDEFINE THE HOLIDAY

With a little planning, we may keep some traditions but also create new memories and traditions. Mix it up, do some things differently. Organize an online gathering with friends or family.



### SET UP A 'YOU' SPACE

For parents, it's important to figure out how to take some time for yourself, especially since we've taken on so many more roles amidst the pandemic. There are lots of ways to make space for you, and they don't have to be long. Micro-moment breaks can help decrease stress and anxiety.



### REDIRECT CONFRONTATIONAL CONVERSATIONS

Table difficult conversations for another time. If someone tries to start a difficult conversation, model self-care by changing the subject or stepping away from the conversation.



### ACCESS HELP IF NEEDED

Most insurances include mental health coverage and many include access to behavioral health support. If additional support could be helpful for you or a family member right now, think about lining up at least one appointment before the holidays to help you prepare.

# Evaluation

[Complete here](#)

Please take a quick  
moment to fill out the  
Google form

**Completed evals  
are entered to win:**



# Thank you!

Do you have any questions?



Would you like to get involved with Big Village?

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