

FOR FAMILIES AND FAMILY LIFE

“Grocery shopping is on a lot of Americans' minds these days. In a country largely still under lockdown, stocking up on provisions is one of the few times many people leave their homes...

VIDEO: Six Tips For Staying Safe While Grocery Shopping

<https://www.npr.org/sections/health-shots/2020/04/23/840251903/video-six-tips-for-staying-safe-while-grocery-shopping>

The bottom line: Your biggest risk comes from being in the store with other shoppers, not from the food. You really don't need to drive yourself nuts disinfecting your packaged food.

“As part of my clinical research, I've spent the last six years in weekly sessions with families, helping parents develop strategies to more effectively manage their kid's defiance and aggression. Parenting is hard. But parenting in a pandemic? Well, that's next level.” - Georgie Fleming, University of New South Wales

Parenting in a pandemic: A child psychologist's 5 top tips

<https://medicalxpress.com/news/2020-04-parenting-pandemic-child-psychologist.html>

For expert-level parenting tips, read this article. These tips take time and effort but the payoffs are priceless.

“Social distancing to slow the spread of COVID-19 can be especially hard for teens, who may feel cut off from their friends. Many also face big letdowns as graduations, proms, sports seasons, college visits and other long-planned events are cancelled or postponed.” – American Academy of Pediatrics

Teens & COVID-19: Challenges and Opportunities During the Outbreak

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Teens-and-COVID-19.aspx>

This article provides sound advice from pediatricians to help you as you help your teens cope this time. Expert tools and links are also embedded within the article. If you have a teen or someone who has teens at home, please share this article.

“Fear, uncertainty, and being holed up at home to slow the spread of COVID-19 can make it tough for families to keep a sense of calm. But it's important to help children feel safe, keep healthy routines, manage their behavior and build resilience.” – American Academy of Pediatrics

Parenting in a Pandemic: Tips to Keep the Calm at Home

https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19_10-Tips.aspx

Not only has domestic violence increased during this time but polls are showing that parents are losing their cool with their kids more often now too. Spanking, yelling and aggressiveness towards children has increased as parental stress increases. Here are some tips from the American Academy (AAP) to help your family through the outbreak.

“If you are the parent of a teen, you know this is a particularly tough time for many of them. Some are dealing with the prospect of not being able to graduate with their friends, attend prom, or even get their driver's license. Katrina Lindsay is a pediatric psychologist with Akron Children's Hospital. – Fox News, CLEVELAND, Ohio (WJW)

<https://fox8.com/news/coronavirus/pediatric-psychologist-offers-advice-for-helping-teens-navigate-the-coronavirus-pandemic/>

This video clip is short but helpful. A pediatric psychologist discusses how parents can support teens as they process current disappointments.