

MANAGING CHILDREN

Hello All! ENCOMPASS is here today to share some thoughts about COVID-19 pandemic and children...and how this is impacting them, which ultimately...impacts us!

Figure out what version of education works best for your family! There is no way to be a home-school teacher within a short period of time. Just like any work project, this would be something we would spend time preparing for. Identify what works best for you family – and remember, you and your child need grace. The strategies related to this will be largely dependent on the age and skill levels of your kids, but consider found that when they are empowered to select what they are going to do to stay connected, learning, creative and physical, we are finding more success.

Take the time to spend extra time with them. We aren't rushing to sports practices and extracurriculars – what's something you have both wanted to do, and how can you take advantage of the time we now have to do this? It might be modified, but it can be anticipated that most kids are going to remember the times that someone spent with them.

Also, it is important to recognize that everyone needs to find their own retreat space. Space can be at a premium...when an entire family is at home. It is important that people think through their own separate space for work and for relaxation. For children, help them identify a place where they can go to retreat when stressed. You can make this place cozy by using blankets, cushions, beanbags, tents, and "forts." It is good to know that even when we are on top of each other, we have our own special place to go to be alone.

Lastly, expect some changes and possibly some behavioral issues in children, and respond gently. We are all struggling with disruption in routine, none more than children, who rely on routines constructed by others to make them feel safe and to know what comes next. Expect increased anxiety, worries and fears, nightmares, difficulty separating or sleeping, testing limits, and meltdowns. Do not introduce major behavioral plans or consequences at this time—hold stable and focus on emotional connection.

If you want to connect with an ENCOMPASS coach or clinician to talk about some strategies for managing the impact of COVID-19 on your kids, please contact us at 800-788-8630 or visit us on the web at MyLifeExpert.com. Please know that you will need to set up a profile the first time you visit the website using your company access code. After setting up the profile you will receive a verification email – if you don't receive this, please check your junk email!

For online resources, login to Encompass's new website: MyLifeExpert.com
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