

TIPS FOR PARENT WELLBEING

During this period of remote learning, we're determined to ensure families still feel the support of our amazing Guildford Grammar School community. Here are some tips for parents to maintain their wellbeing:



LOOK AFTER YOURSELF

Prioritising self-care will keep your stress level under control, which also helps to reduce your child's stress levels. It's win-win!

REDUCE YOUR EXPECTATIONS

Having your child at home will affect your regular productivity levels – expect to get less done. You may also need to manage your expectations of what your child can handle right now.



FIND A ROUTINE THAT WORKS FOR YOU

Remote learning won't look like school and that's okay, but creating structure in the day is important.

PRIORITISE CONNECTIONS

Fostering the connection with your child reassures them that they are safe and loved. It's as easy as spending a few moments in the day engaging in an activity they are passionate about.



ANSWER THEIR QUESTIONS

Open the dialogue by asking what they know. Answer their questions in a calm and truthful manner, and stick to facts from trusted sources.

RESOURCES

- [Aimee Quaife](#), Preparatory School Psychologist
- Parenting Helpline – Ph. 9368 9368 or 1800 111 546
- [Lifeline](#) – Ph. 13 11 14
- [Maggie Dent](#) – Top tips and links for families in isolation
- [The BRAVE Program](#) – Beating stress and worries about COVID-19
- [Triple P Parenting](#) – Top parenting tips for uncertain times

