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TC



# The Children's Way



## TCW RESOURCES NEWSLETTER March 25, 2020

Dear TCW Families,

OK..... Deep Breath In... and slowly, ever so slowly let it out. Doing lots of those lately... as I imagine you are. If there was ever a time for Mindfulness and Resilience, it is now. Last week I shared about the importance of routines and structure in helping all of us, especially children, feel safe and grounded. One of the most important practices we can add to our 'new normal' routine (if we even have one yet), is some time throughout the day for short moments of mindfulness. It seems especially fitting that we have been incorporating so many mindfulness practices with your children at school over the past two years, so this may be a moment when they can teach you something. Deep breathing, taking a long hot shower, taking a walk in the fresh air (tag team if you can so you can each get a bit of solitude), finding a quiet spot (if you can) and savor a cup of coffee or tea, or whatever helps you 'collect yourself', live in the moment, and take a break from the swirl of worry and change, is essential right now and in the weeks ahead. This truly is a moment when self care is especially important, and putting your oxygen mask on first, before you help your children, is a really good analogy to keep in mind.

Limiting the amount of time you watch or listen to the news, so it does not block out everything else, is advice you've probably heard, but can be hard to follow. Balance, Moderation, and Simplicity, are guideposts that can be our allies now. Lowering expectations, slowing down, prioritizing what really matters, and letting the rest go, will help lower stress and make the day to day more manageable. Above i hope you can find time each day to laugh, be silly, PLAY, and have fun. This 'prescription', lowers stress, builds connection, invites creativity and learning, and builds memories. Below is a link to a new resource from HRS (Human Resources Service, Inc., a counseling group that the Wayland Public Schools partners with regularly. It offers excellent advice and resources.

<https://files.constantcontact.com/f70e6a77201/261bdd1a-fbb3-470f-8627-a5e51ec03c8a.pdf>

I'm sure by now you have all heard the Governor's announcement extending the school closure, essentially through the end of April. For those of you who don't have elementary children (or even older), I will forward the letter Dr. Unobskey just sent out tonight. We now know that we are in for a bit of a marathon, rather than a sprint. With this news being so fresh there are far more questions than answers









you may need this for your taxes!

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