

Hermon High School

Parent and Caregiver Support During Our School Closure



We Are Just A Click Away...

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How to Talk With Your Teen About Coronavirus

The most effective way to help your teen is to be:

- Calm and reassuring
- Simple and Factual
- Acknowledge that you don't know all the answers
- Available

Ask open ended questions such as:

- What are your major concerns or worries?
- How are you feeling about the coronavirus?
- What questions can I answer for you?
- What things have you heard that concern you so far?

Other Tips and Considerations

- Encourage staying informed, but also encourage time limits on media exposure
- For teens who are highly focused on the virus, limiting discussions can be useful
- Maintain normalcy and routine as much as possible
- Encourage social connections
- Avoid giving excessive reassurance as this can actually strengthen worries
- Remember that every teen responds differently, and sometimes differently each day!



Talking to Children

Chris McLaughlin, LCSW, from Northern Light Acadia Hospital gives some important tips and insight on talking with children and managing these challenging times.



[Tune in here!](#)

Stress and Coping

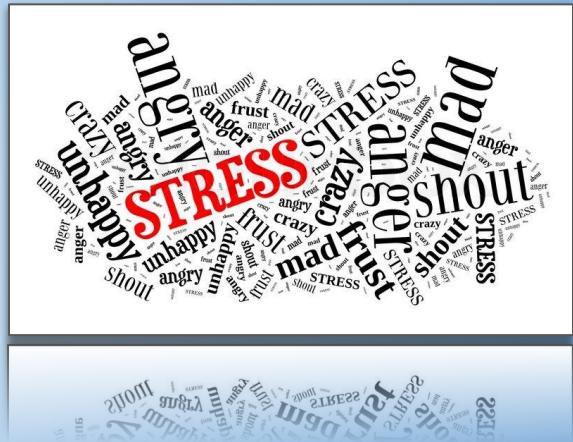
The outbreak of the coronavirus may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress in a positive way will make you, the people you care about, your home, and your environment stronger.

Everyone reacts differently to stressful situations. Stress management for one person may look differently than it does for someone else. When parents and caregivers deal with their stress calmly and confidently, they can provide the best support for their children.



Sources of Stress in Adults

- Uncertainty/Fear
 - Worry about your health and the health of your loved ones
 - Isolation
 - Changes in Routine
 - Balancing work and the education of your children
 - Loss of control
 - Job/Income Loss
 - Childcare



Coping Strategies for Adults

- Get adequate sleep (not too much!)
- Find activities you enjoy
- Maintain a daily routine/schedule
- Limit your media exposure - know your saturation point!
- Use one reliable source of news such as the CDC website
- Play games with family members
- Focus on things you can control, not what you can't. For example, if you have to stay home, what can you use the time to do? Maybe a home project you have been putting off, or a hobby you have been interested in starting up



Coping Strategies for Adults

- Socialize! Facetime, Google Hangouts, etc
- Maintain healthy eating habits
- Incorporate physical activity as much as you can
- Take mental breaks when you feel stress increasing
- Set reasonable time frames for conversations about the virus with your family
- Remember - you are the best model for your children on managing stress
- It's all about balance!



Behavior Changes - When to Seek Help

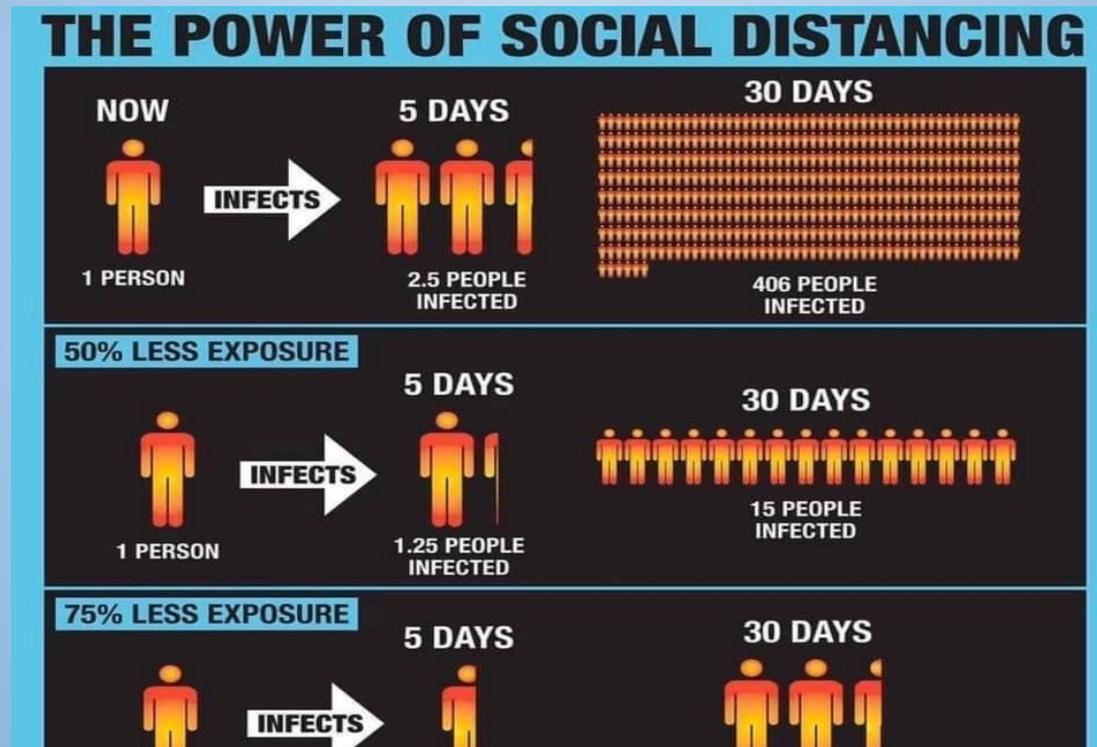
Not all teens react the same way to stress - you know your teen the best!

- Excessive crying or worry
- Unhealthy eating or sleeping habits
- Irritability and “acting out” behaviors in teens
- Avoidance of school work
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain



The Importance of Social Distancing

It can be difficult to help teens understand why social distancing is so important. This graphic and video might help!



The Importance of Social Distancing



Community Support Resources

For more information about accessing food resources and mental health services click [here](#) and also visit

211Maine.org



“I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.”

-Nelson Mandela