

We are TR!

Wellness Ideas for our Families

Week two of distance learning... If your household is like mine we are trying to establish a new normal - which we have not completely found yet. Developing a regular routine, trying to positively embrace the time we have together as a family, while navigating responsibilities and uncertainties ~ all without getting on each other's last nerve, has been the challenge. These are high stress times for parents. Here are a few tips to help us through.

Help kids with Fears: Children may be afraid of the things going on in our world today. A change from regular routine is equally stressful. Acknowledge fear and loss, and discuss all the things that you are doing to stay healthy, such as washing hands, social distancing, working on healthy habits and communicating with friends by phone or computer.



Deflate the impulse to lash out: Ask yourself these three questions before doing or saying anything. 1. Does the problem represent an immediate danger? 2. How will I feel about this problem tomorrow? 3. Is this situation permanent? Usually, taking the time to answer these will help.

[Calm Parenting Resources](#)

Give Time to your child and yourself.

Beyond time out. Taking time, staying calm and using behavioral strategies in a kind and consistent way, will help support better behavior. Here are a few other ideas for [Positive Parenting Solutions](#) along with using [If... Then Strategies](#).

Catch them being good:

Notice good behavior and point it out, praising thoughtfulness, kindness, success and good tries. This is particularly important in these difficult times, when children and teens are separated from their friends and usual routines. *Need inspiration, check out:* [Does Your Face Light Up?](#)

Give them your attention: The most powerful tool for effective discipline is attention. When parents are trying to work at home, this can be particularly challenging. Clear communication and setting expectations and a [schedule](#) can help everyone, particularly older children.

Self-Care: Take care of yourself physically: eat healthy, exercise, and get enough sleep. Maintain connection to friends, family, and others in the community who can offer a critical support network by phone or video.

(Sources: American Academy of Pediatrics, Empowering Parents, and Positive Parenting Solutions)

You've Got Questions.....

Parenting is full of challenges.. And, now with all the changes around us, the work just got harder. We'd like to help.

Do you have questions about behavior, learning at home, problem solving ideas? The questions you ask yourself are many of the same questions other parents are asking.

Please use this form to ask any questions you may have, we will do our best to answer them and respond to questions in future newsletters. Your questions will be confidential.

[Google Form](#)

Be Well....together! Take a hike.

- ★ Go for a hike at Point Beach State Forest. Walk along the lakeshore, skip stones at the beach, get the bikes and scooters out.
 - Wisconsin state parks, trails and forests are open to the public.
 - Entrance fees are waived.
 - Please follow Covid 19 safety recommendations.
 - More information: [State Parks Covid 19](#)
- ★ Let's Play: [Dice Games](#)
- ★ Get togethers (online) with friends: [Group games you can play on Zoom](#)

- ★ Take part in a high level conversation as a family or join the online discussion: [New York Times: What's going on in this Picture?](#)



in a world
where you can
be anything.
BE KIND.

Weekly Challenge -- Kindness

What is kindness? As defined by <https://www.kindnessiseverything.com>:

It isn't easy to define something as significant as kindness, so it's understandable different people may define kindness in different ways. Here's one way to define kindness:

Kindness is the sincere and voluntary use of one's time, talent, and resources to better the lives of others, one's own life, and the world through genuine acts of love, compassion, generosity, and service.

- ★ A challenge for you this week... Watch [this](#) short video and talk with your family about it. Some important questions you could ask:
 - How did the dog and the bird both show kindness?
 - Did the dog's attitude change once he saw why the bird was taking the worms? What do you think about that?
 - What's one way you can show kindness this week? How will you commit to it?
 - What is one thing you took away from this short video?

When help is needed...

[211 Wisconsin](#) OR 1-800-924-5514

- 211 connects you with thousands of nonprofit and government services in your area.

TREP Pantry - 793-5364 *Call before visiting*

- Hours: Mondays and Fridays - 8:30 - 12:00 and Wednesdays - 9:00 - 12:30.

[National Suicide Prevention Lifeline](#) - 1-800-273-8255

[Crisis TEXT Line](#) Text HOME to 741741

[Lakeshore CAP](#) community services for home & family needs.

[InCourage](#) supports for domestic violence & sexual assault

Drive-thru pop-up Food Pantry. This Saturday, April 4, 10am-noon at St. John's Place: 1501 Marshall Street. First come/first serve. <https://www.grow-it-forward.org/>

Student Services Contacts:

Magee: Mary Boehlke - mary.boehlke@trschoools.k12.wi.us

Koenig: Jim Milske- james.milske@trschoools.k12.wi.us

LBC Clarke: Devan Scherer- devan.scherer@trschoools.k12.wi.us

Jennifer Wagner- jennifer.wagner@trschoools.k12.wi.us

TRHS: Jim Dahl - james.dahl@trschoools.k12.wi.us

Katie Wilsmann - katie.wilsmann@trschoools.k12.wi.us

School Social Worker: Jen Schneider

-jenny.schneider@trschoools.k12.wi.us

Nurse: Jamie Rohrer - jamie.rohrer@trschoools.k12.wi.us

School Psychologists:

Chong Yang - chong.yang@trschoools.k12.wi.us

Seth Carreno -seth.carreno@trschoools.k12.wi.us

Richard Nitsch - richard.nitsch@trschoools.k12.wi.us

