**Putting it All Together**

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Over the last month, I have provided parenting articles to support you and your family during “Shelter in Place” and the closure of schools. We have all experienced enormous changes that have turned our world upside down and sideways and brought on some intense feelings, situations, feelings, and thoughts … that perhaps we have never experienced before.

In these times when we are experiencing so much, it is important to build in time to reflect. A few minutes to look back, consider the day, accept the struggle, and maybe make a change or adjustment to move through the next moment or day with some fragment of calm purpose.

This week’s article is an opportunity to reflect. Take an inventory. Where are you struggling? What is working well? What are you doing to take care of yourself? Following is a list of the parenting articles I have provided since our schools closed. Take a look, which one could support you now? Which one would like to re-read? What other blogs, podcasts, books, wise friends can you connect with, reflect with, and learn from?

Peter Kirk students will also have some time to “Put it All Together”. This week, their lesson is about creating a “Talk it Out Bucket of Solutions”. In their bucket, they will have all the props and reminders to help them talk out conflicts with a sibling, a mom, a step parent, a Grandma, or anyone else that lives in their home. It will take what they have learned about mindfulness (getting your turtle flo) and problem solving and put it all in one place so they can practice. Over the next few weeks, each of my lessons will give them another “tool” to put in their “Talk it Out bucket of Solutions”.

The following parenting articles are available at <https://kirk.lwsd.org/academics/counseling> I am hoping to make podcasts out of some of these articles. Please let me know if listening to a podcast would be an easier way to access these articles by emailing me at mmiller@lwsd.org

**“Keeping You Calm in COVID 19”:** Flipping your lid and finding your calm. Modeling this skill for children.

**“Is That my Hoop?”**: Self care for parents. What is in my control and what is out of my control?

**“When Life is Changing Quickly, try a Routine”:** Creating daily routines for your family to build structure and predictability in unpredictable times.

**“Beginning the Almost Perfect Spring Break”:** Spring Break is over, but this article can help families work together to create a home environment where collaboration and cooperation happen.

**“Did you Hear Me?”** Listening to our children so that they feel encouraged to listen to us.

**“Sibling Conflict; Can any Good Come of This?**” Building more peaceful homes when we step out of our children’s conflicts.

**“Good Enough”:** When life is overwhelming, practice a little bit of Self Care.