

# UNPRECEDENTED PARENTING

Supporting our Teens in Troubled Times

## Challenge of Now

71% of teens reported feeling stressed due to COVID-19 especially regarding how it will affect their school year.



## WHAT IS STRESS?



Stress is an **internal** experience that occurs when we **perceive** that the demands of our environment exceed our ability to meet them.

## HOW IT WORKS



## SUPPORTIVE PARENTING



### Problem-Solving

When your teen is distressed:

**LISTEN  
VALIDATE  
EMPATHIZE**

...then support your teen in problem-solving rather than problem-solving for them.



### Money in the Bank

Take advantage of **good** moments with your teen.



Create **brief moments** in the day to let your kids know you love them and are proud of them.

**It's okay** to have negative parenting moments!



### Safe Haven

When your teen is overwhelmed, you need to be a **safe haven in the storm**.

You can do this by **grounding yourself** using strategies shared in this infographic!



### Apple Doesn't Fall Far from the Tree

The familial nature of anxiety has been well-established, with **genetic studies** showing that approximately **30%** is accounted for by genetic factors.

You need to **take care of yourself**.



### Modelling vs. Telling

You need to practice what you preach and **explicitly model** healthy coping behaviours.



*Practice the strategies, take care of yourself, and try to create a positive environment!*

## RESILIENCE BUILDING STRATEGIES FOR YOU AND YOUR TEENS



**PAUSE/  
BREAK**



**ENHANCE POSITIVE  
AWARENESS**



**KINDNESS TO SELF  
AND OTHERS**

## WHAT IS MINDFULNESS?

**Mindfulness** is paying attention to what we sense or experience

In the present moment

On purpose

With nonjudgmental acceptance

## HOW TO PAUSE/BREAK

Taking a pause/break refers to the practice of any **non-work related activity** that **purposefully distracts you** and **holds your attention**.



An effective way to pause/break is by using **mindfulness**!

## MINDFULNESS STRATEGIES

### COMING TO YOUR SENSES

Using your senses is a great way to keep yourself in the present moment. Focus on the sounds or smells around you or how your clothes feel on your body.



**CLICK EACH SENSE FOR SHORT GUIDED VIDEOS**



Try using a **mindful progressive muscle relaxation** activity.

[CLICK FOR AN EXAMPLE](#)



Try using a **calming breath** activity.

[CLICK FOR AN EXAMPLE](#)

## STRATEGIES FOR SLEEP



### YOGA NIDRA

[CLICK HERE FOR A YOGA NIDRA SLEEP MEDITATION](#)



### SLEEP WITH ME PODCAST

[CLICK HERE FOR A PODCAST THAT TELLS BORING BEDTIME STORIES TO HELP YOU FALL ASLEEP](#)

## KINDNESS TO SELF AND OTHERS



[Self-compassion meditation](#)



[Keeping perspective](#)



## ENHANCE POSITIVE AWARENESS

### THREE GOOD THINGS



Note down **3 things that you enjoyed during the day** (e.g., first sip of coffee in the morning or seeing the sun) - think of **how they made you feel** and **savour that feeling**.



### GRATITUDE JOURNAL

**Try it!** Regularly take time aside to write down a few things you are grateful for.



All of these support lines for **parents** are **bilingual**

## YOU DON'T HAVE TO BE IN CRISIS TO SEEK HELP



### LIGNE PARENT

Free 24/7 Helpline

[CLICK FOR MORE INFO](#)



### CAFE

Crise-Ado-Famille-Enfance (CIUSS)

[CLICK FOR MORE INFO](#)



### TEL-AIDE

Free 24/7 Helpline for Adults

[CLICK FOR MORE INFO](#)

## RESOURCES FOR ALL AGES



### ANXIETY CANADA

Evidence-based website which provides anxiety management resources for children, adolescents, and adults

[CLICK FOR MORE INFO](#)



### GREATER GOOD

Developed by Berkley University of California, Greater Good is for all ages and provides helpful stress management resources

[CLICK FOR MORE INFO](#)

## ADDITIONAL RESOURCES



[INSIGHT TIMER](#)

[STOP, BREATHE & THINK](#)

[HAPPIFY](#)

[SMILING MIND](#)

[iSLEEP EASY](#)

[REACHOUT BREATHE](#)

Free **mindfulness** and **stress management** apps available on **iOS** and **Android** mobile devices



Check out the "**mindfulness**" episode in **The Mind, Explained** series on Netflix.

[CLICK HERE FOR MORE INFORMATION](#)



### [CHILD MIND INSTITUTE](#)

provides you with parenting resource to support your children during the pandemic

### [KELTY MENTAL HEALTH RESOURCE CENTER](#)

developed by the BC children's hospital COVID-19 specific resources to help you and your kids

## CONTACT INFORMATION



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