

Mrs. Justine Plocher: School Counselor

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Counseling services are available for children and families.

Please contact me for zoom, in person, and phone sessions.

STAYING CONNECTED DURING SOCIAL DISTANCING

Being connected to others socially is considered an important human need and is vital to one's well-being. Physically distancing ourselves does not mean we are to remain socially isolated or disconnected. Being socially connected is the one thing we all need right now. Spending time with peers and cultivating friendships is an important part of children's social development and well-being. Friendships provide an opportunity for children to develop their identities and feel a sense of support and belonging. As parents, staying connected brings a sense of purpose and support and creates opportunity to express shared experiences and gain insight and resources. Finding ways to tolerate the anxiety of what we are living through and finding ways to connect with others will build resilience, inner strength, and create a greater appreciation for pretty much everything.

TIPS AND IDEAS TO NUTURE CONNECTION

- Talk to your children about what they really need or miss when it comes to their friends and come up with a plan for connection that works for your family.
- Plan zoom activities with family or friends to have a meal together, read a book, bake cookies, have a dance party, talent show, or a tea party – create an evite for the event for extra fun!
- Plan physically distant outdoor playdates such as meeting in a park and have a socially distant picnic, scavenger hunt, bike ride, or do sidewalk chalk art.
- Write a letter, thank you note, draw a picture or make a card and send in the mail to a friend or loved one.
- Provide extra reassurance and connection at home by doing regular check-ins on how your child is doing and involve a few more hugs and cuddles.
- Look at family photo albums, discuss family heritage, or create a family tree.
- Play games online such as virtual checkers or chess, charades, Mad Libs and bingo.
- Find ways to volunteer from home as a family, so you can support causes you're passionate about and witness people coming together.
- Create reoccurring zoom activities such as book clubs or a weekly show and tell.

RESOURCES

[National Parent Helpline](https://www.nationalparenthelpline.org/) 1-855-427-2736 Operated by [Parents Anonymous](https://www.parentsanonymous.org/).