

Mrs. Ward, School Counselor



Dear Parents/ Guardians,

I want to reach out to you during this very unusual time we are experiencing. As your school counselor, I want to remind you that I am here for support, encouragement, and an ear to hear about your experiences. Please feel free to contact me at vward@haywood.k12.nc.us I will respond throughout the working day hours. My goal is to stay in touch with you and the children.

Here are a few tips:

- ◆ Limit your and your children's exposure to the media
- ◆ Don't be afraid to discuss the coronavirus however tell your children the truth about what we know. Please be honest. And it's ok to say "I don't know right now but as soon as we learn more, we will let you know".
- ◆ Deal with your own concerns, fears and anxieties before addressing your child's. Children pick up your non-verbal's .
- ◆ When the weather permits, get outside!
- ◆ Sing, dance and play together. Laughter is great medicine.
- ◆ Create a family mantra or positive saying that you all can say together.
- ◆ Be patient with each other. During the times we are forced to be inside and around our family, even though we love them, people can get on each others nerves. Find a quiet place to go to if you need a few minutes away from other family members. Until you can rejoin them and talk about what was upsetting.

I will sent other information periodically for parents and for children.

Take care, stay healthy, remain calm. - Mrs. Ward, School Counselor

