



Dear Parents/Carers and Children

As we approach the time that would have been the start of the Easter holidays and a break from school, if we were not in this current situation. We realise that routines might not change as much as they would if the children had been attending school. Or you may decide to let the home learning go for a while to give the family a wee break from our 'new normal'. Remember you have to do whatever suits your family and do not feel guilty about what you do.

This newsletter is going to look at another one of our letters from our resilience BOUNCEBACK programme. This C is for...

Catastrophizing exaggerates your worries

We need to ensure we **don't** catastrophize situations especially in front of our children. Try not to jump to the worst possible conclusion. We might say 'not to make a mountain out of a molehill'. However in our current situation it may feel that routines are not working or families may be getting short with each other.

Here are some hints that might help

- Focus on each others feelings, feelings are never wrong - acknowledge them
- Offer alternatives or have choices
- Focus on solutions - what we need to do now is...
- Model strong responses - discuss a challenging situation and how to cope with the problem
- Teach calming strategies - meltdowns and tantrums are often shown when faced with obstacles/difficulties
 - try slow breathing
 - muscle relaxation
 - visualisation - picture scenes that are relaxing e.g flying a kite,
- Keep things in perspective
- Ask for help - its okay to ask other family members to help or phone a friend

Getting through these difficult times we often have to lean on each other and these tools can help everyone. These are skills for life and until we are faced with setbacks we learn to become resilient.

As we enter the holidays we will still be in communication with you all and we will be sending another learning grid for you to use if you wish. We are thinking of our Mauricewood family and friends and encourage you all to stay safe.

The Mauricewood Team