Resources for Parents: How to Navigate Today’s Pandemic Season

presented by...

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Suffering and Growth

- *Suffering either draws us closer to God or moves us further away.*
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- Change is inevitable, Growth is optional.
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- Marriage and family life are a sacred path of transformation.
Parenting In Midst of Crisis

1. Cultivate Emotionally Healthy Culture
2. Define Reality
3. Make Marriage a Priority
4. Create Structures to Reduce Stress
Parenting In Midst of Crisis

Prayer
Cultivate an Emotionally Healthy Culture

“The goal is not to feel better; the goal is to get better at feeling.”
Cultivate an Emotionally Healthy Culture

1. *Make space for grief*
Cultivate an Emotionally Healthy Culture

1. *Make space for grief*
2. *Focus on Attachment, Attunement*
   - Transitions, Interruptions
   - Nonverbal Assurance
   - Special Times
   - RCLB Family Life: Parent Connection

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RCLBenziger.com

DrTimHogan.com
Cultivate an Emotionally Healthy Culture

1. Make space for grief

2. Focus on Attachment, Attunement
   - Transitions, Interruptions
   - Nonverbal assurance
   - Special Times

3. Bring feelings to each other, God
   - Use a feeling list: DrTimHogan.com: “Free Stuff”
   - Mood Meter app
# MOOD METER

How are you feeling?

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<tr>
<th>ENRAGED</th>
<th>PANICKED</th>
<th>STRESSED</th>
<th>JITTERY</th>
<th>SHOCKED</th>
<th>SUPRISED</th>
<th>UPBEAT</th>
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<td>DOWN</td>
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Exercises to Cultivate an Emotionally Healthy Culture

1. **Draw a picture of your family...**
   - ...during one of your favorite family memories (then let family members guess where it is)
   - ...with God during coronavirus.

2. **Finish these sentence stems:** “God/Abba...
   - ...I’m sad that...”
   - ...I’m worried about...”
   - ...One of the hardest losses...”
2. Define Reality

“Where attention goes, energy flows; where energy flows, the mind grows.”
Define Reality: Harness the Power of Cognitive Priming

1. Maximize Health, Minimize Toxins
Define Reality: Harness the Power of Cognitive Priming

Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.  (Philippians 4:6-7 New Living Translation)
Define Reality: Harness the Power of Cognitive Priming

1. Maximize Health, Minimize Toxins
2. Focus on Gratitude
   - Journal: 3 things per day, note “resurrection memories”
   - Three “wins” in evening
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1. Maximize Health, Minimize Toxins
2. Focus on Gratitude
   - Journal: 3 things per day, note “resurrection memories”
   - Three “wins” in evening
3. Ask Good Questions (check in with heart before questions about performance)
3. Make Marriage a Priority

“Stay in each other’s care.”
3. Make Marriage a Priority

1. Balance Emotional Regulation Strategies
   - Self-regulation: solitude, exercise, self-nurturing
   - Co-regulation: dialogue, encouragement, massage
3. Make Marriage a Priority

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2. Be Intentional with “Lead Parent” Role
3. Make Marriage a Priority

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   - Self-regulation: solitude, exercise, self-nurturing
   - Co-regulation: dialogue, encouragement, massage

2. Be Intentional with “Lead Parent” Role

3. Understand Pleasure, Sex, and Stress
4. Create Structures to Reduce Stress

- Weekly Meeting with Spouse
- Family Meetings, Meals, Prayer times
- Simplify and Minimize
Weekly Meeting with Spouse

1. How are we doing? What do we need? Prayer.
2. Overall Weekly Schedule, Meals
3. Family meetings?
4. Zoom/Facetime calls to extended family?
5. Alternating “Lead Parent” role?
Family Meetings

1. How is everyone? What do we need? Pray for each other?

2. Overall Weekly Schedule
   - Meals
   - Family Recreation, Outings
   - Family Prayer Schedule
   - Zoom with grandparents?

3. Close with positivity (dessert?)
Family Meals

1. Organize, Plan, Assign cooking, clean-up

2. Begin with gratitude, feeling check in (feeling list), prayer (intentions), light candle

3. Rules
   - No screens (phones, tv)
   - Eat slowly, put fork down between bites
   - Make eye contact with each other
   - Only talk when mouth is empty

4. Meal lasts min. 30 minutes, pray at end
Family Prayer Times

1. Create a Unique Family Prayer Time
   - [https://www.rclbenziger.com/catholic-resources](https://www.rclbenziger.com/catholic-resources)
   - Assign roles: Organizer, Reader, Musician, Pray-er, Teacher
   - Create “Prayer Board”: Who needs our prayer?

2. Watch and participate on Screen
   - Catholictv.org
   - Your local bishop’s mass
   - New Zeeland: [https://chchcatholic.nz](https://chchcatholic.nz)
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4. Creative Structures to Reduce Stress
Free Online Catholic Resources for Catechists and Families

Catholic Parenting 101
Tips for Building Strong Catholic Families

https://www.rclbenziger.com/catholic-resources
New Feature:
Sunday Celebrations

- April 5th – Palm Sunday
  - Getting Started
  - Gospel Reading
  - Breaking Open the Word
  - Listen and Reflect
  - Connect and Conclude
  - Prepare to Celebrate Easter Sunday

- Coming Soon:
  - Triduum and Easter

Welcome to Sunday Celebrations, a free resource from RCL Benziger to help you celebrate Sunday with your family, in your home.

Each Sunday’s celebration focuses on the Gospel of the day, and encourages family members of all ages to join in singing, praying, sharing, and celebrating. Suggested songs (search the internet for recorded versions) and craft activities help enliven and extend the celebrations.

Here are three simple ideas to help you get started:

1. Choose the place where you will gather for your Sunday celebration. It may be around your living room coffee table, around your kitchen or dining room table, outdoors at your picnic table, any place that works for your family!

2. Decorate your chosen place with symbols of faith. These might include a placemat, napkin, or cloth in the color of the liturgical season; a Bible; a candle; a cross or crucifix;
New Website Under Construction

Our Family Faith
Resources for Family Catechesis

https://www.rclbenziger.com/family-faith