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

presented by...

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Suffering and Growth

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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
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?

ENERGY

PLEASANTNESS

ENRAGED  PANICKED  STRESSED  JITTERY  SHOCKED  SUPRISED  UPBEAT  FESTIVE  EXHILARATED  ECSTATIC
LIVID  FURIOUS  FRIUSTRATED  TENSE  STUNNED  HYPER  CHEERFUL  MOTIVATED  INSPIRED  ELATED
FU/MING  FRIGHTENED  ANGRY  NERVOUS  RESTLESS  ENERGIZED  LIVELY  ENTHUSIASTIC  OPTIMISTIC  EXCITED
ANXIOUS  APPREHENSIVE  WORRIED  IRRITATED  ANNOYED  PLEASED  HAPPY  FOCUSED  PROUD  THRILLED
REPULSED  TROUBLED  CONCERNED  UNEASY  PEERED  PLEASANT  JOYFUL  HOPEFUL  PLAYFUL  BLISSFUL
DISGUSTED  GLUM  DISAPPOINTED  DOWN  APATHETIC  AT EASE  EASYGOING  CONTENT  LOVING  FULFILLED
Pessimistic  Morose  Discouraged  Sad  Bored  CALM  SECURE  SATISFIED  GRATEFUL  TOUCHED
ALIENATED  MISERABLE  LONELY  DISHEARTENED  TIRED  RELAXED  CHILL  RESTFUL  BLESSED  BALANCED
DESPONDENT  DEPRESSED  SULLEN  EXHAUSTED  FATIGUED  MELLOW  THOUGHTFUL  PEACEFUL  COMFY  CAREFREE
DESPAIR  HOPELESS  DESOLATE  SPENT  DRAINED  SLEEPY  COMPLACENT  TRANQUIL  COZY  SERENE
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
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
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
   - 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 Zealand: https://chchcatholic.nz
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Free On Line Catholic Resources for Catechists and Families

Catholic Parenting 101
Tips for Building Strong Catholic Families

Family schools can provide a powerful sense of the discovered families after hard due to today's tightening feeling of life. Special schools introduced new teaching
theories of transition that the net gain power to transform
shared time order. Where stress once dominated family
relationships can bring meaning back into family connections.

Transition Equals Stress
Neurologically related to our nervous systems are most
prone to stress and emotional liability when transitioning
from one activity to another. This is why parents and children
are most likely to experience stress, transitions, such as
in the evening when families get ready for school and in the
evening when families are preparing for bed.

When and careful parents can put this neurologically vulnerable
phased time to understand and affectionately adapt
a transition time. For example, parents can try
embracing family rituals.

Embracing Family Rituals

A ritual of oneness of all this and this makes a short
inspirational story to encourage his family in their life of
faith formation.

Laudato Si' Activities

Family Prayers

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

Order of Mass & The Act of Spiritual Communion

Click Here For Use At Home

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