



St. Ailbe
CATHOLIC SCHOOL

3/17/20

Dear St. Ailbe Families,

In the midst of this Covid-19 situation, I wanted to send out a quick note to all of you. My goal is to provide you with some guidance as well as some comfort, should you need it.

First, we know you are filling some new shoes over these next couple weeks. You are not just a parent, but now also a teacher and counselor. Be gentle with yourselves as you try to navigate these different roles. We are all feeling our way through an unprecedented situation. While learning and providing structure for your children are important, so is self-care and the understanding that there are many stressors and feelings around being quarantined. Feelings of powerlessness, isolation and fear are common. Your children may want to talk about this and ask questions. As the adults, it is critical that we try to be as steady as possible during the next few days. My words of wisdom are to take this day by day. It can be overwhelming to think about this in terms of the number of weeks. Additionally, try to limit media time so as not to encourage additional stress for yourself or your children. When you are talking with your children, try to stick to facts. It is okay to tell your children that you don't know some things. You can also let them know that you will try to find out answers to their questions if you're unsure. Give them the reassurance that they need with a calm voice and general facts. Finally, if you're feeling overwhelmed, please take even a few minutes of quiet time by yourself or get outside for a walk. Prayer and music also help, as you know.

I am here if you need me. Please feel free to reach out or send a message that you just need someone "new" to talk to your child. I'm willing to call or send a note WHENEVER you need it- just let me know!

We are all in this together!

Be well.

Mrs. Mostyn