



SAN ACADEMY GROUP OF SCHOOLS

VELACHERY/ PALLIKARANAI/ KAMAKOTI NAGAR/ TAMBARAM

Greetings to all the Parents of San Family. We as family are going to work towards the betterment of our children who are going to build the future Nation.

At present, the whole world is under so much of stress. As the coronavirus crisis continues, parents everywhere are struggling to keep children healthy and occupied. If you're anxious about how to protect and nurture your kids we are here to help you. The School is trying to keep the children occupied and to use their time productively.

Keeping some structure is important. Whenever possible, try to make sure kids still have some structure — for example, getting up, eating and going to bed around the same time every day.

Having regular reminders will help head off meltdowns when it's **time to transition** from one thing to the next.

Build in activities that help everyone get some exercise, safely, especially now that some restrictions are being relaxed.

Take a daily family walk or bike ride or do yoga — great ways to let kids burn off energy and make sure everyone is staying active

Turn the TV off and avoid friends or co-workers who are prone to sharing panic-inducing posts and news.

Talking to children in a clear, reasonable way about what's going on is the best way to help them understand, It is good for the children to know things than be kept ignorant of reality.

We can explain to our kids that this is a unique situation and re-institute boundaries once more when life returns to normal.” Whatever that normal may be.

Give kids age appropriate jobs. For example, teens might be able to help mind younger siblings when both parents have to work. Most children can set the table, help keep communal spaces clean, do dishes or take out the trash. Even toddlers can learn to pick up their own toys. Working as a team will help your whole family stay busy. Share the work.

Remember to be reasonable and kind to yourself. We all want to be our best parenting selves as much as we can, try not to be hard on yourself. You have to find a balance that works for your family. The goal should be to stay sane and stay safe.”

With warm Regards,
San Academy Group of Schools