



# PARENT TALK

## Tips of the week from Judge Baker Children's Center

We hear you. Getting through the week without school and our usual routines is just as tough for parents as it is for kids. **Judge Baker Children's Center** is here for you with helpful advice from our expert clinicians...and you, our parents!

### Tip of the Week from our Clinicians



Kim Smith  
Parent Partner

This Clinician Tip of the Week is from Kim Smith, a Parent Partner at Manville School and Ellen Sandoval, LICSW, Ed.M, a Parent Program Coordinator at The Manville School.

Raising kids with challenging behaviors can leave us feeling wiped out...and that was before a global pandemic!

As parents and caregivers, we tend to put our own self-care at the bottom of the list. We may feel guilty for taking time for ourselves or wishing things were easier. We may keep going no matter our levels of fatigue and say "I'm fine," but stress likely continues to sneak in.

We can be good parents/ caregivers and

- be kinder to ourselves.
- work to replenish ourselves.

This is good for us and our families.



Ellen Sandoval,  
LICSW, Ed.  
Parent Program  
Coordinator

Kendra Wilde at Wild Peace for Parents has easy to follow ideas for real self-care and resilience resources.

TINY STEPS TO  
**REVERSE PARENTAL BURNOUT**

- take some things off your plate - delegate, let go
- be kinder to yourself - 'good enough' is great
- adjust expectations - of yourself and your child
- find moments to pause
- fill your own cup
- seek peer and professional support

@WILDPEACEFORPARENTS

This is a challenging time for everyone. Please know that you don't need to do it alone. If you or your child is struggling, we encourage you to schedule an appointment or join a parent support group at our Center for Effective Child Therapy. Contact us [here](#).

## Parent Tip of the Week

This week's Parent Tip comes from Sarah W., who holds weekly Creativity Salons for her whole family!

Sarah has a family of five which includes two parents and three kids. Ilana and Benjamin are both age 13 and Devin is age 10. "The salons themselves are held once a week on Sunday afternoons, and each of the five of us presents two 'acts,'" Sarah explained. "We go round-robin twice, basically."

Sarah says that everyone can choose what they'll perform. They have also had a couple of collaborative performances. "So far, it seems that people start brainstorming for the next week's salon pretty much directly after the previous one. They take the whole week to prepare for it."

Sarah said that her daughter, Ilana, loves music, particularly musical theater, so she has focused mostly on singing songs from some of her favorite musicals (*The Secret Garden*, *Phantom of the Opera*, *Les Mis*, etc.). She has even started to incorporate costumes into some of her performances!

Sarah clarified that her older son, Benjamin, has been the least interested, but that he has been a good sport nonetheless. He has sung a parody he had written, and he has played piano to accompany himself singing various songs as well.

Her younger son, Devin has sung, demonstrated how to draw different things, and read a comic book that he has been writing and illustrating himself.

Sarah and her husband have sung, played piano, done interpretive dance with the cat, demonstrated how to play old-school jacks, and have done readings of a favorite story.

Sarah told *Parent Talk* that it has been really fun to see everyone think creatively about what they would like to share with the rest of the family, and how best to demonstrate that skill. **"It gives the kids a built-in activity during the week when my husband and I are working, because they can always practice their acts if they run out of other things to do."**



The best tips are the ones that work! We'd love to hear from you about what is working for your child and family. Please email your ideas to [Cassie Poirier](mailto:Cassie.Poirier@parenttalk.com) so we can share them with other parents and caregivers.

## Resource Highlight

Please visit our [COVID-19 Resource Page for Families](#) for a list of articles, helpful tips and activities, and suggestions on how to talk to your child about COVID. Here's a resource tip for this week!

## Tip of the week

As many families prepare to go back to school this fall, kids may be feeling more anxious than ever. Read how the cartoon *Daniel Tiger* has been soothing younger children's anxieties [here](#).

