



FROM THE COUNSELLORS DESK



Happy Parent Month 2020

"OVERCOMING THE CHALLENGES OF THE PRESENT, EMPOWERED FOR THE FUTURE"

Even though the year 2020 has challenged our resolves, We have much to be thankful and grateful for. Lessons learned during this pandemic, the change of mindset from negative to positive and more. Lets unpack some of the lessons this year has taught us.

1)Unity, we are forced to come together and help each other to face our individual challenges recognizing that we are in this together. 2) problem solvers- we see where with each new challenges it is equally met with possible solutions, 3) Vital connections- our families are tighter than they have ever been. The importance of family and friendships are far more valuable during this time and people are realizing that.

The process of teaching and learning does not resemble what we know it to be a year ago. however, the new paradigm has given way to parents being more involved in the learning process of their children. this means that the parents themselves are learning and are being equipped to help with their children's education.



A new normal that has demanded from us our participation in what will be hereafter. We may not have complete control over a lot of what is taking place in our country and by extension the world but one thing is certain that there is a God who has ultimate control over the affairs of man. He has not given us a spirit of fear but one to overcome our struggles, challenges and hardship that we will encounter in this life.

The word is true that say ALL things will work together for our good! The storm will eventually run out of rain and the sun is bound to shine again. So what do we do? We stand in the face of challenges and we overcome them and empower ourselves to move forward.



The Need for Self Care

The new role parents should embrace

Parents you have worked extremely hard to maintain and provide for your family. In these abnormal times you have embodied strength and have demonstrated the personified image of hard work. Taking into consideration that the dynamics in the home are very different and so are the circumstances. Whatever it may be, moving forward empowered will require you to step back and re-assess how you take care of you so you can take care of the family.



Self Care Tips

1. Spend quality time together
2. Have regular family meetings
3. Talk to friend or family member if you are burden with cares
4. Limit your news consumption
5. Take a break from social media
6. Focus on what you can control
7. Talk Positively to yourself

" Behind every young child who believes in himself, is a parent who believed first..."

Unknown

