

# COUNSELOR NEWSLETTER

Cedar Hill Elementary



## HOW TO SUPPORT YOUR CHILD DURING STRESSFUL TIMES

**As our home schedules find a new normal, I thought I would share some simple ways we can help our children cope with the changes happening in our world. The following tips came from an Article in Psychology Today. The link is at the bottom of the newsletter.**

- **Structure your day.**
- **Have family meals.**
- **Limit media.**
- **Exercise.**
- **Reach out.**
- **Help others.**
- **Practice good sleep hygiene.**
- **Stay positive and future-focused.**

**Make sure you take one day at a time with your family. Everyone is adjusting to our new normal!**

---

### COUNSELOR CONTACT INFORMATION

Email: [jessical.engler@jcschools.us](mailto:jessical.engler@jcschools.us)

Website:

[Cedar Hill School Counselor](#)

Phone: (636) 789-1759

Available Mondays-Fridays

12PM-1:30PM

Check out the whole article at  
PsychologyToday here:

<https://www.psychologytoday.com/us/blog/pulling-through/202004/the-pandemic-toolkit-parents-need>

---