

Life is not Easy/ Parents – teach your children to embrace the opportunity.

Covid-19 has changed the world. It poses great risk but great opportunity. The whole world of commerce is changing before our eyes. Yes, some jobs are being eliminated, but other sectors are growing exponentially. How you model successful behavior is the key for your children. Demonstrate your innovation, resilience, ability to pivot and be successful in this rapidly changing environment.

Things you can do with your children...

1. Ask them about what they love and dislike about this new “School system” and empower them to brainstorm different strategies. Work with them to test new strategies and evaluate the success or failures of those strategies. Then repeat the process. Using this medical crisis to teach children to problem solve may be the true silver lining to the pandemic.
2. Tell them you love them. As we are “together” all of the time, it is important to remember to tell them you love them. They will not appreciate “the sacrifices” you are making for them. They will not appreciate these actions until they are in their mid-20’s if ever. As I always told parents when they were frustrated that their children did not appreciate what they had or given...”If you want appreciation...buy a dog”!
3. Acknowledge your stress. It is more than OK to explain to your children that you are stressed as well. Make sure children are getting some private time. Discuss what relaxes them. Make sure you help them schedule these decompressing events. The family fun activity is important, but children, especially teenagers, need peer and alone time.
4. Take Covid-19 breaks. As a family take time to not read any articles or view content related to Covid-19. If a cure is found, trust me...you will hear. So much information, most of which is garbage and political. The best thing you can do now for your family is...
 - a. Employ Great Handwashing
 - b. Wear a mask in Public
 - c. Try to social distance as much as possible

Wishing you great health and peace.

Dr. B

Dr. Dave Brottman

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