

Some handy resources for positive parenting in a pandemic

Here are some links to some key resources from Maggie that may be helpful in alleviating stress and uncertainty and supporting your family to be more harmonious at this challenging time.

Corona chaos

Maggie has written an article for families on [Coping with the Corona Chaos](#) and helping your family thrive during this challenging time. She's also written about [Helping our Kids Master Disappointment](#) and how we need [Gentle Steps for Recovery](#) and for Essential Kids about [Helping Kids Cope with Lockdown Second Time Around](#) and [Why Boys can Find Isolation Particularly Difficult](#), plus [A New Normal: Back to School After Isolation](#). She also wrote for ABC Life about [Parenting an Only Child Through the Pandemic](#) and [How to Help Stop Your Kids Fighting During Periods of High Stress](#).

We are also regularly updating a list of [Tips and Useful Links for Families in Isolation](#).

Maggie has also produced, with the ABC a series of episodes of her podcast, **Parental As Anything**, that cover a host of issues related to the challenges this pandemic is presenting parents with. [You can find each episode here as it goes live.](#)

Maggie has also created a suite of videos that offer techniques and strategies for parents and children to use to calm themselves and stay on top of stress during these uncertain times. Check out the [Maggie Soothers playlist](#).

Family meetings

Family meetings are a wonderful tool to help you solve problems in your family and to help children feel heard. In this video, Maggie offers some tips for successful family meetings and makes some suggestions about how to structure a meeting.



Maggie has also written about family meetings [here](#).

Maggie has a whole section on her website dedicated to [Building Family Relationships](#). A few key articles and resources include:

- [The power of one-on-one connection with your kids](#)
- [Building love bridges: Why micro-connections matter](#)
- [Communication for family harmony](#)
- [The power of the parental pause](#)
- [Why our tween and teen boys need a safe adult tribe](#)
- [Nurturing the inner world of our kids and tweens](#)



Your influence in the home

As parents, we can have an influence over the mood in our household... Firstly, by managing our own anger. Maggie recommends you try the Parental Pause strategy:

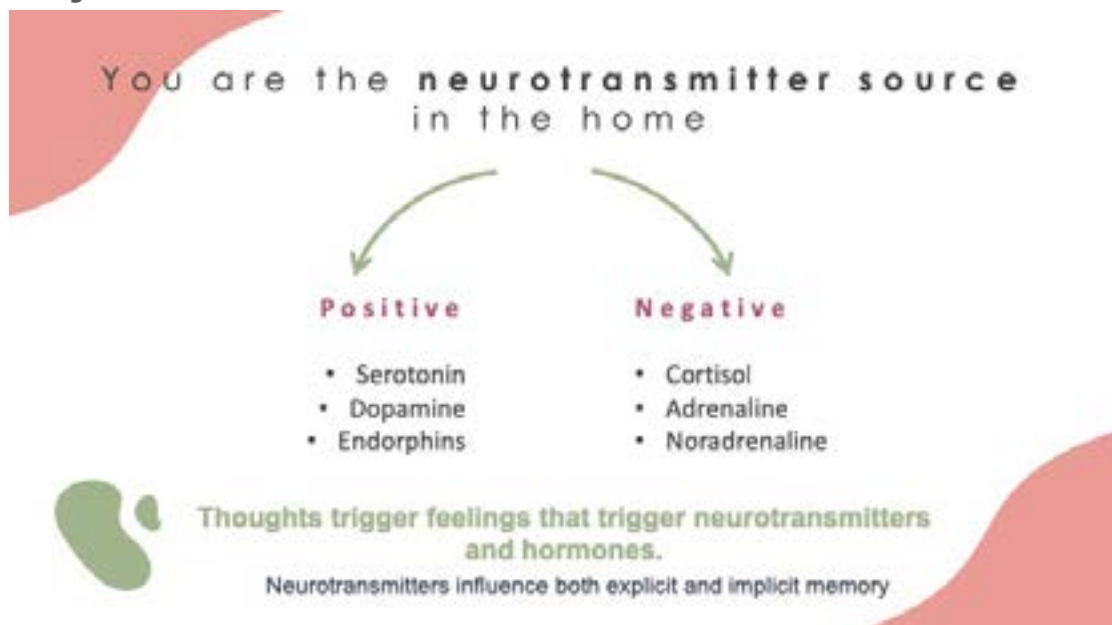
The Parental Pause....

1. Stand still. Ground your feet.
2. Gently bend your knees.
3. Place your right hand on your heart.
4. Take a deep breath.
5. Slowly stand close by or kneel near your child.

Be present & still.
Observe the world through their eyes.

Silently remind yourself:
"My child/teen is not bad or naughty - they are just struggling to cope. Let me be what they need right now - a safe base."

Secondly, remember...



Anxious kids

It is only natural that your children may be feeling more anxious than usual at this time, but how can you support them? Firstly, don't forget about the [Maggie Soothers playlist...](#) they offer some tangible, simple tips to immediately shift emotional states (for us and our little ones!). Otherwise, Maggie again has a host of resources on her website on calming children when they feel anxiety and fear. Visit: maggiedent.com/common-concerns/anxiety-fear-calming-children/

Here are some key resources on this topic:

[Parenting hacks for a calmer home](#)

[Best books and resources for supporting kids with anxiety](#)

[Making kids feel safe in a 24/7 bad news cycle](#)

[Healing our profound wound of human disconnectedness](#)

[Self care in the age of the 24/7 news cycle](#)

[Childhood stress: Why and how we all need to calm down](#)



and Maggie has [several free audios for families too.](#)

Adolescents

If you are raising adolescents, Maggie has a host of resources to support you on her website at maggiedent.com/common-concerns/raising-adolescents. Here are some key resources that may be particularly relevant in helping your teens navigate the uncertainty of the pandemic:

[Why emotional turbulence in adolescence is normal](#)

[Top tips for caring communication with teens](#)

[Teen brains are under siege but there are 3 ways we can connect](#)

[Taming the teen stress monster](#)

[Understanding teen boys' anger](#)

[Communicating with teen boys](#)

Being capable helps young people to feel confident and happy...



Periods of lockdown can be an opportunity to help build your adolescent's life skills.

What skills do teens need in their kit bag for life when they venture into the big wide world eventually? Remember that everyone needs life skills to manage life. Life is a journey of continually gaining knowledge, skills and competencies. Every person is unique and every life journey is different. This downloadable list is one that many people have contributed to. What would help you cope with and conquer life at the age of 18, if you were to leave the safety of the home nest? It is not gender specific, because all adolescents need these skills to feel capable.

I know some parents who keep this list on the fridge and have their adolescents update the skills they have mastered, knowing they need at least 75 per cent before they are allowed out the door to live with their friends.

[Download your lists.](#)

Some tips on staying connected with teens, particularly during isolation



... and just as everyone is spending so much time on screens, please check out these resources on cyber safety and awareness

- [OFFICE OF ESAFETY COMMISSIONER](#)
- [DR KRISTY GOODWIN](#), digital wellbeing and productivity expert.
- [FAMILY ZONE](#)

Recovering from adversity

When we're facing adversity, loss and change, it can feel like it will never end but there is an old saying that applies well in these times: "This too shall pass". When we go through loss and change, it is a process of transformation which can look a bit like this:

In the event that you find you need to help your children cope with death and loss at this time, you can find all of Maggie's resources on death and loss, including her blog on '[When Children Lose Someone They Love](#)', '[Helping Boys Understand Loss and Death](#)', '[Supporting Your Teen Through Grief](#)'. Also her video on [Supporting Someone After a Major Loss](#), and much more at: maggiedent.com/common-concerns/death-loss/



[To access the free eBook and audio resources that go with this webinar, please click here.](#)