



GUIDANCE DEPARTMENT UPDATE

Hello Guerin Catholic from the Guidance Department!

We know that you may be going through some conflicting times right now. We know it can be a time spent with family, but at times can get stressful. We have put together a few researched based resources that may help you through this time with your child. We also have put together an example of a schedule that you could use with your children. Providing structure with teenagers is a helpful skill that will help them with their soft skills of life. Please know that the school counselors at Guerin Catholic are available through email or a scheduled phone conversation. Please know that we are in this together and we will come out stronger in the end!

Child Mind — This article offers ways to give support to kids and to structure time at home during this period. While much of the article is geared toward younger children it can still apply to teenagers.

Talking to Children About COVID-19: A Parent Resource

(National Association of School Psychologists)

Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019

(National Child Traumatic Stress Network)

Taking Care of Your Family During Coronavirus and Other Emerging Infectious Disease Outbreaks

(Center for the Study of Traumatic Stress Fact Sheet)

How to keep your kid on a schedule during coronavirus school closings

(New York Post)

Guerin Catholic Online Student Daily Schedule

Example of a GC Student's Online School Daily Schedule

Bless you and your family!

St. Theodore Guerin, Pray for Us!

Amy Klink
Director of Guidance
& College Counseling,
School Counselor (A-Cn)
aklink@guerincatholic.org

Bridget Ryan
School Counselor (Co-I)
bryan@guerincatholic.org

Emily McAulay
School Counselor (J-P)
emcaulay@guerincatholic.org

Grace Pratt
School Counselor (Q-Z)
gpratt@guerincatholic.org