

## PREPSEC for Your World where social distancing can bring a family closer together

In this day and age, the structure of the nuclear family is often “hit and miss”. Parent(s) are working long hours, children have extended school days, everyone is focused on their phones, tablets, social media and family meals are less frequent.

Today, however, the CoVID-19 virus has forced families to spend concentrated time together. We could look at this negatively or as a positive opportunity to strengthen their relationships. Either way, there will be some stressful moments...

There are some social skills that may be helpful to provide families with the support of ART.

When to use	Adult/Adolescent Skill	Elementary Skill	Early Childhood Skill
Talking is important	Listening	Listening	Listening
	Knowing Your Feelings	Knowing Your Feelings	Knowing Your Feelings
	Expressing Your Feelings	Expressing Your Feelings	Asking to Talk
	Understanding the Feelings of Others	Showing Understanding of Another’s Feelings	Deciding How Someone Feels
When the fuse is short	Using Self Control	Dealing With Your Anger	Dealing With feeling mad
	Dealing with Someone Else’s Anger	Dealing With Another’s Anger	Relaxing
In Stressful situations	Dealing With Fear	Dealing With Fear	Dealing With Fear
	Making a Complaint	Making a Complaint	
	Answering a Complaint	Answering a Complaint	
		Saying No	Saying No
		Accepting No	Accepting No
When a problem arises	Apologizing	Apologizing	
		Problem Solving	Solving a problem
Living together	Negotiating		
	Setting a Goal	Setting a Goal	
	Asking For Help	Asking For Help	Asking For Help
	Giving Instructions		
	Following Instructions	Following Instructions	Following Directions
	Helping Others	Offering Help to an Adult	Offering Help
	Joining In	Joining In	Joining In
	Suggesting an Activity	Asking Someone to Play	
Appreciating Each other	Expressing Affection	Expressing Affection	Saying Thank You

There are other ways to also enrich their time together:

- Taking time, at the beginning of the day, to talk about what everyone will do with their time. They can share expectations and ideas that may help each other.
- Finding a quiet place to be alone when things are difficult and, when calm, be willing to talk about it
- Getting a social game, deck of cards, a jigsaw puzzle out of the cupboard and playing together
- Preparing meals together
- Taking time, before the end of the day, to talk about how everyone is doing/feeling and giving each other positive feedback.

For support: [info@prepsec.org](mailto:info@prepsec.org) and refer to Dr Ellen McGinnis’s books: [researchpress.com](http://researchpress.com)