



Managing Emotions during COVID-19

To regulate our emotions, we must be able to recognize our triggers and identify what we are feeling. In times of COVID-19, if you are feeling stressed out and overwhelmed as a parent, your child is probably just as stressed and overwhelmed. It isn't a wonder we are all out of sorts with everything around us constantly changing. New guidelines and information seem to be changing weekly. Utilize these resources to help your child better understand COVID-19 and the importance of managing their emotions during this time.

Create a FREE account with

<https://consciousdiscipline.com/> to access these resources:

1. [EMOTIONAL WELL-BEING](#)

DEAR PARENTS 12/1

December is National Impaired Driving Prevention Month

The holiday season is known to be a dangerous time on America's roadways, hundreds of lives are lost each year due to drunk drivers. This is an especially important topic for underage youth, as data show that they are involved in alcohol-related motor vehicle crashes despite being too young to legally purchase or possess alcohol. This year, this may be an even greater risk as more people opt to travel to their holiday destinations by car in order to avoid the spread of COVID-19. You can help prevent drinking and driving over the holidays with free resources from the U.S. Department of Transportation, National Highway Traffic Safety Administration (NHTSA) national safety campaigns. These campaigns provide animated graphics, fact sheets, sample news releases and op-eds, and Spanish-language materials.

Here are resources to share from NHTSA:

PREVENTION

Prevention Action Alliance

<https://preventionactionalliance.org/learn/alcohol-t-prescription-drug-misuse/opioid-prevention>

The opioid crisis continues to claim thousands of lives every year, and experts are increasingly concerned about its impact on the health of the nation.

