

Dear Teachers and Families,

Is anyone else feeling challenged by the constant togetherness Covid-19 has created? Our coping skills are being tested like never before. Though we love our families, 24/7 togetherness may be leaving us and our kids feeling less than patient with each other. Let's face it, our lives have changed. Our coping skills may need to change as well!

The BEST Program will be sending out notes to help you and your family survive the challenges. Each week we will send tips and links that will help you and your children. We will focus on everyday topics that will help everyone deal with stress and conflict in constructive ways. We need to remember to communicate with each other with kindness and respect. Stress is a part of life. Let's handle it in ways that help us and don't hurt those we love.

In our first notes to children we will focus on sharing and respect. Please remember, children will learn much more from what we do than from what we say. If we want our children to be kind with each other, we should remember to model peaceful behavior.

What We Say and Do Matters...Maya Angelo was a singer, an author, a poet, an activist, a mother and a friend to many. But Maya Angelou was also a master teacher. Though she never went to college herself, she was a college professor and held 30 honorary degrees. In addition to learning from what she did and wrote, we can all be inspired from what she said.

“I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

Stay well, be safe, The BEST Team

Helpful Links:

<https://www.toddlerapproved.com/2015/04/my-favorite-tip-to-stop-sibling-fighting.html>

https://www.eriemha.org/Community-Resource-Guide_3-23-20.pdf?fbclid=IwAR0h6s_q2MW1XS2T6uPKaePphsWTgtQNcs5QTrYsvohMafkFCH0yjCN4AVs

<https://www.mommymessenger.com/sharing-and-turn-taking/>