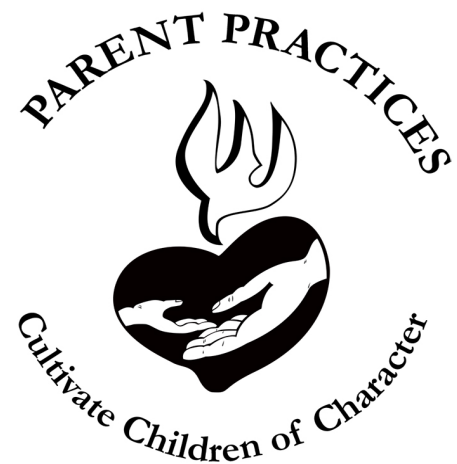


Raising Self-Esteem during Quarantine!



Quarantine provides an opportunity to develop self-confidence and self-reliance within school-aged children. In all seasons – quarantine or not – positive self-esteem requires a steady diet of practices that foster routine, responsibility, self-starting, and stick-to-it-tive-ness.

Positive self-esteem increases with reasonable, scheduled, anticipated practices. **Self-reliance** blooms when children are responsibly independent to make age-appropriate decisions. **Initiative** requires repeated opportunities to originate plans and conquer tasks. **Competence** develops when children work steadily over time to complete a task, learn to manage time, and develop organizational skills.

STRUCTURE DAILY LIVING

Ensure a minimum of eight hours' sleep nightly. Consistently observe routines for wake up, daytime activities and bedtime. Design a workable schedule that includes personal hygiene needs, bedroom clean up, meals, school work, leisure time, chores, family time, periods for TV/computer/electronic device, solitude, faith formation, and personal prayer. Distinguish weekdays from weekends.

Require older children to post their schedule. For younger children, create a timeline of index cards. Hang them on a wall, one activity per card. Make adjustments as needed. Sequence the cards to prioritize school work interspersed with fun activities of 5-15 minute periods, meals and family time. For instance: breakfast, bedroom cleanup, Math, Spelling, SNACK, pet care/chores, Social Studies, LUNCH, leisure time, Science, Reading, outdoor exercise, leisure time, DINNER, etc.

Designate a place and reserve scheduled time(s) for schoolwork. On a day that your child does not have a specific assignment for the subject session then expect him/her to use the allotted time to review work or to read ahead.

IDENTIFY LEISURE TIME ACTIVITIES

Brainstorm a list of half-hour free time activities. Expand the list beyond social media and digital games to include cultural, educational and spiritual enrichment. For example:

- Watch a TV episode from National Geographic, Planet Earth, Animal Planet, Discovery Channel, or TCL.
- Browse a news magazine or an alphabetical section of a dictionary or encyclopedia.
- Read an entire series of age-appropriate books.
- Hang out with the saints! Read a biography, a Wikipedia synopsis, or view saint films.
- Virtually explore museums, zoos and aquariums.
- Pursue hobbies like coloring, painting, assembling models, solving puzzles . . .

EXPAND KNOWLEDGE OF CATHOLIC CULTURE

As a family activity, dedicate a portion of every week to explore topics like the Commandments, Sacraments, Mary & Saints, Rituals/Practices (*like Stations of the Cross, the Rosary, formula for confession*), details of Catholic disciplines (*like holy days of obligation, fast, abstinence*), the Mass, the Bible, Christian morality, Catholic traditions, and common prayers.

Digital resources include YouTube videos, BustedHalo.com, SkitGuys.com, Formed.org, and WordOnFire.org. Possibly your child will also include these resources as free-time, leisure activities.

Dr. Patricia M. McCormack, IHM

© IHM Formative Support Services. All Rights Reserved.

Website: www.ParentTeacherSupport.org