



## **LOOKING AFTER OURSELVES TO LOOK AFTER THEM**

It comes to my mind the difficulties that a baby encounters at the time of birth. Nature prepare us to face any difficulties and to survive. This lead me to the main point of the guide that you are about to read, I suggest that you welcome these suggestions from a reflective state of mind. Believe that you can control yourself when facing adversity.

Babies, children and teenagers need to be listened to in order to cast their fears at us, they need a comfortable space to express themselves.

### **1 They need a relaxed environment to talk**

Many doubts are appearing and moving through their minds, they come to conclusions with the information available to them. That's why we have to be ready, when they throw a question in to the air, it is important to catch it and take advantage of it, that way we can help them explore their thoughts and open the door to different opinions.

### **2 Why is routine so necessary?**

Routine is necessary for everyone because it is the mechanism that allows us to appreciate time. Each family will find its own routine: from Monday to Friday and on the weekends. A routine should not be strict or boring. Getting up, personal hygiene, having breakfast and attending the online classes will facilitate these days of confinement so that the burden does not overwhelm us. The mind will be busy. At St. Peter's we know that in order for the child to learn you have to develop a love of learning, to be interested, that way he will use this interest to learn new things every day.

### **3 Why do we accept that our children spend so many hours in front of the screens?**

Let's think about the difference between your new "school" and the everyday one. During the online sessions, the screen allows them to be connected emotionally with the school, their classmates, their teachers, to continue creating personal experiences and moments. Once the "online school" finishes for the day, they will be able to start other routines. When returning to school, this online experience will allow them to still have the most important thing for their development: the social bond.

Ma Mercè Rovira  
Clinical Psychologist  
Support Center St. Peter's School