

SHARING THE WONDERFUL COMMENTS & IDEAS FROM OUR WEBINAR LISTENERS:

- I love Yale's research on breathing and mental health:

- m.youtube.com/watch?v=Vlu3arLc0WE
- news.yale.edu/2020/07/27/improve-students-mental-health-yale-study-finds-teach-them-breathe

- We started listening to audiobook biographies like GRANT and classics like CALL OF THE WILD and that captures the imagination and helps us relate to other crazy times in history. Feels less lonely

- We listen to audiobooks together (in cars and before bed) so we can connect

- Thanks for the reminder to model self-expression and sharing negative and positive feelings.

- Sidewalk chalk doodling with my 6yo on the driveway

- *Look for the Eragon series by Christopher Paolini*

- Netflix has a [new mindfulness series](#) created by founder of the Headspace app

- *My dyslexic son is almost 16 and he listened to ALL the Percy Jackson books and other [Rick Riordan](#) books. LOVED THEM!!*

- *Audiobook series like Percy Jackson and Apollo help my dyslexic son. We listen to audiobooks together (in cars and before bed) so we can connect*

- [Jackbox.tv](#) has been a wonderful distraction with family across the country. ([LINK](#))

- We play scattegories and just one over the phone

- My family has found walking/hiking outside at a local park!

- Thanks for the reminder to model self-expression and sharing negative and positive feelings.

- The Cleveland Clinic has a lot of meditation information including [this article](#) on teens and meditation:

- We have family complaining sessions.....at dinner. We voice all the things that sucked that day. Then we talk about all the good things that happened that day. It give the whole family a chance to vent :-)

- [This is the breathing tools](#) that everyone in my family learned - ages 8-adult (in separate classes by age!)

- My mom used to make time just for me to discuss my day when I was a kid. I had A LOT of feelings, and it helped me. I was shy, smart and the only black child in my entire grade. Checking in every day and having her REALLY LISTEN meant she heard about problems, including racism, immediately.

- Dionne I love that you had a lot of feelings to share. Nice reminder to maintain those special together times even though we are always "together" right now.

LINKS FROM MELINDA WENNER MOYER:

Seven ways to build a child's resilience during the pandemic (and long after it ends):
https://www.washingtonpost.com/lifestyle/on-parenting/resilience-pandemic-kids/2021/01/25/d4037b12-5c1a-11eb-b8bd-ee36b1cd18bf_story.html

You Can Get through This Dark Pandemic Winter Using Tips from Disaster Psychology:
<https://www.scientificamerican.com/article/you-can-get-through-this-dark-pandemic-winter-using-tips-from-disaster-psychology1/>

4 Ways to Help if Your Kid is Depressed:
<https://www.nytimes.com/2020/06/02/parenting/virus-children-depression-signs.html>

Discipline Looks Different in a Pandemic:
<https://www.nytimes.com/2020/04/17/parenting/coronavirus-discipline-child.html>

Study about talking to kids about feelings and their helpful behavior:
<https://pubmed.ncbi.nlm.nih.gov/23264753/>

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