What Do I Do As A Parent or Family Member During This Time?

When things are certain, and standards are set, we strive to do our best and produce results. Parenting is never easy, but recently, your job has gotten even harder. The COVID-19 pandemic has made many of us come face-to-face with feelings of chaos due to the uncertainty all around us. For students, this may be the first time in their young lives that they have been really scared, suffered a loss, or felt unable to meet their personal goals. Especially for our seniors, being away from main campus is a huge loss. As a parent or close family member, you are probably scared too. You, like your student, are mourning the loss of a traditional academic year including some celebrated University traditions like the Awards Ceremony, Spring Weekend, and Commencement. We recognize and honor this and are actively working to do our best making things as "normal" as possible.

In spite of the ambiguity in the world due to our current situation, we are seeing more transparency from organizations, health care providers are being recognized for their work and sacrifice, and leading organizations are stepping up and out of their traditional roles to assist. There is still good in the world. We all are in the same boat with little knowledge about the tides and a long way to go. This is the time that the Charger Family can unite and sail ahead.

We appreciate each student and the resiliency that they are demonstrating. We also appreciate you, their parents and family members, who are standing by to support them.

We will return to campus and normalcy someday, but for now, we stand united as one proud Charger Nation.
Knowledge & Awareness

Learn from all the information that is available. The CDC website is regularly posting updates. Follow our University of New Haven Coronavirus website for more information: www.newhaven.edu/coronavirus-infopage.php

Doing My Best As An Individual

The best way to combat the current situation is to follow guidelines and listen to what the experts are advising us to do. We can all do our part to fight the pandemic and stay home when/if we can. As a family, there are tons of resources on line and things to do to keep the family entertained at home. Check out great resources like this to learn more!

Quotes to Keep You and Your Student Motivated

Our students LOVE to paint canvases. Whenever we have an event on campus to paint a canvas, our students show up in droves. Why not plan a family paint night! Here are some great motivational quotes to get those creative juices flowing:

“She stood in the storm and when the wind did not blow her way, she adjusted her sails.” -Elizabeth Edwards

“People assume strength is loud. In reality, strength is silent. It is resilience, the will to never surrender your dignity.” -Parker S. Huntington

“Courage is not the absence of fear, but rather the judgment that something else is more important than fear.” -Ambrose Redmoon

Complete Challenge & Be Featured

DO ONE OF THE FOLLOWING ACTIVITIES WITH YOUR FAMILY AND SEND US PHOTOS of YOUR EXPERIENCE. Include a short description (100-150 words).

Tag us (@unh_stuaffairs & @unewhaven) in your Instagram Posts! Email your challenge story to deanofstudents@newhaven.edu to be featured!

2. Dust off that old instrument and practice. Don’t forget to be respectful of those who are quarantining with though!
3. Show us how you Netflix and Chill with the Fam. Show us your Netflix viewing party! What are you watching and what is your family’s favorite snack?
4. Animal Lovers. Show us your family pets. I bet they have some Charger pride too!

Important Campus Resources to Help Your Student Stay Well and Connected

Charger Recreation

YOGA FOR HEALING: This format is specialized to cater to those who are going through struggles, recovery, a healing journey, etc. This is a safe place to share in community the hardships we go through and match that with a yoga/meditation practice to bring the mind/body connection together. All students are welcome. Find more information on the CampusRec page on myCharger or via Instagram Live @chargerrec.

VIRTUAL GROUP X CLASS: Please join us via Zoom and Instagram Live for instructor-led workouts and classes. We will be releasing a new schedule each week, be sure to check back for updates. Participation in workouts and classes is voluntary and at your own risk. It is recommended to seek advice from your medical professional before engaging in any physical fitness regimen or program. Find more information on the CampusRec page on myCharger or via Instagram Live @chargerrec.

MOTIVATIONAL MONDAYS: Each Monday we will post motivational quotes/videos/pictures to our Instagram in order to engage your students in positive thought. The goal is to ease stress levels and motivate students at the beginning of each week.
One Day At A Time

Nothing in history was achieved in one day. Any practice or any new habit takes time to become a part of your routine, so take it one day at a time. Although your student may be feeling uneasiness due to fluctuating schedules and the sudden shift to an online learning environment, there are some ways to make this chaos a little more organized. Feel free to share these tips and tricks with your student!

- **Be social at least once daily for thirty minutes:** Whatever the means — connect friends or classmates who can provide support. Set up virtual coffee dates with friends via Skype, Zoom or Google Hangout, etc. Everyone could use some extra connection at this time!

- **Stick to a routine:** Go to sleep and wake up at a reasonable time. Write a schedule that is varied and includes time for work as well as self-care.

- **Find some time to be active each day for at least thirty minutes:** If your student doesn’t feel comfortable going outside, there are many YouTube videos that offer free movement and workout classes. Don’t want to log online? You can always listen to some music and have a dance party!

- **Dress for the social life you want, not the social life you have:** Get showered and dressed in comfortable clothes. Keep up good hygiene. Take the time to take a bath or do an at-home facial. Dress can powerfully impact one’s mood.

- **Keep hydrated and eat well.** This may seem obvious, but stress can impact our eating. You may find yourself over-indulging, forgetting to eat, and avoiding food. Do what you can to sit to a healthy diet!

- **Identify your self-care strategies.** Self-care looks different for everyone. You may need to try a few different strategies.