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Eltereschoul Doheem #9

Dear parents,

These weeks of confinement have left their mark. Caught between the demands of school, employer, family and the virus, you tried your best to manage the situation. Often, after this kind of high stress situation, you feel exhausted and listless.

Preventing parental burn-out or how to take care of yourself

This situation can lead to parental burn-out, which parents can avoid by adopting a lifestyle beneficial to themselves:

- After home-schooling, it is very important to return to activities with the children that both children and parents enjoy. In order to avoid stress, it is important for both sides to have fun!
- Parents need time for themselves, time without the children, so that they can do things that interest them and that allow them to recharge their batteries.
- It is also important for parents to plan activities as a couple, without the children.
- While respecting existing health measures, family or friends can once again offer support for occasional childcare. Don't hesitate to take advantage of this help!
- For many parents, discussions among friends, who know how to listen and who avoid judging, provide valuable islands of relaxation.
- Parents generally tend to be too hard on themselves instead of being more caring and accepting the inevitable mistakes of everyday life.
- A parent who notices that the stress, anxiety and fatigue accumulated over the last few weeks are still lingering, should not hesitate to seek professional help.

The School for Parents will be organising an online workshop on "parental burn-out" on June 30th at 6pm. Tania Hemmer, expert in the prevention of parental burn-out, will lead the seminar, which will be held in French.

Registration for the seminar is by email: eltereschoul@kannerschlass.lu. An access code will be sent to you after registration.

The Eltereschoul team

