

Friends Parent Forum- Covid-19 Video 4

Today's five take a-ways:

1. **Focus on what is most important:** what have we learned during this time to focus on in the future
2. **Make sure to include fun and physical activities into everyday**
3. **Appreciate the gift of time together**
4. **Model- children learn what they live:** They are listening and observing how parents are handling the stresses that come from the Covid-19 experience.
5. **Take time away from the children- reconnect with your spouse, treat yourself to a quiet time/reflection time**

Resources:

Parks and Hikes-Parent approved

UAF- Resources and Learning Lab: Museum of Alaska- <https://www.uaf.edu/museum/>

NASA- *Story Time from Space* Astronauts read books, neat read aloud time- <https://www.nasa.gov/>

Next Video: The developmental effects of too much media/screen time on children

1. If you have questions or concerns, or ideas you want us to address for the next video: please email Kathie Stacy at kstacy@friendchurch.org
2. Leia, Sonya and I will be praying for you! Be encouraged by this verse from Deuteronomy 6:5-7 that the extra time we have with our families can be fruitful- "You shall love the Lord your God with all your heart and with all your soul and with all your might. And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise."

Biographies:

AnneMarie Mattacchione-Chesser: Mom of an adult child, wife to Dave Chesser 😊 No grandchildren yet, but I do have a cuddly grand dog. Working with children and families for over 38 years. Degrees in Early Childhood Education and Family Studies. M. ED in adult teaching and learning. Hobbies include

culinary explorations, gardening, sewing, crafting, and painting (which I am terrible), Bible study and teaching.

Leia Dillier: Mom of 4 littles, and wife to Bren Dillier. Current occupation is home-schooling mom and holds a BS of Elementary Education. Hobbies include cleaning, having friends over, cooking, doing laundry. I don't have any actual hobbies (a tiny bit of reading) due to my mom life.

Sonya Ramstad: Mother of 5 children, wife to Rick Burroughs, Grandmother of Preston. Sonya is a retired 20-year military combat veteran. Hobbies include knitting, sewing, and crafting, and torturing my children on occasion.