

First of all, it is OKAY if you don't get to everything.

Here is what is most important:

- 1) Your child feels safe and loved.
- 2) You and your child spend time together in a non stressful way.

Obviously, it is fabulous if you do the work on the website, but some days that is just going to feel impossible. On those days, try this schedule instead:

- 1) Forget the work I sent. Your child will be fine. Every child in the world is missing school right now and your child is not going to be light years behind if you don't get to everything.
- 2) Tell your child Laura sent a different schedule for the day.
- 3) Snuggle up and read to them.
- 4) Go for a walk together.
- 5) Make lunch or dinner together.
- 6) Watch an educational video (preferably one about animals--they love animals!) together. Talk about it as you watch and afterwards.
- 7) Look up some jokes online and laugh together.

That's it. They will be fine. And it is better that you don't both end the day screaming and crying. We all need to take care of ourselves right now.

If things continue to be hard, let me know and we'll problem solve it together.