

Stick together!



Dear parents,

we all need support and mutual assistance now - we parents, our children, our teachers. As your parents' council, we would like to give you some suggestions as to what you can look out for:

- Provide a safe, comforting and reliable environment. This could include talking more with each other and working together to maintain normal routines as much as possible (including games and daily activities), and creating quiet times to talk, sit together, read or relax.
- Be calm and attentive to your children's questions and concerns. Take your children's desire to understand what is going on seriously and seek answers together.
- Also take your own fears and worries seriously! Try to find a way to deal with these feelings - family, friends or even counselling centres will give you good support. In this way you will be a role model for your children and learn together to adjust to the changes.
- Watch out for signs of stress in you and your children. Think about what is good for you in such moments to become more relaxed again.
- Encourage your children to express their ideas and feelings creatively. This can be done through music, drawing or writing texts.
- Talk about resilience and courage. Tell inspiring stories and help the children understand that reflection, courage and strong family ties can be ways to meet challenges and find meaningful ways forward.

You can reach us with feedback and wishes at elternrat@ebert-gymnasium.de .

We will take up your questions reliably!

Your parents' council