

To all our TRW clients!

It is most definitely an uncertain time as we continue to watch the COVID19 unfold. It is our hope we all will look for the lasting treasures during this uncertain time. For example, our daughter's wedding was postponed with no date in sight, but Roxanna has found a treasure in spending time with her mom in Kansas. It would have been difficult for her mom to weather this alone.

However, we are super aware that this is having a profound effect on our relationships, especially the ones closest to us. Working from home, home educating, eating, entertainment, and chores can be all consuming and overwhelming when everyone is at home IN THE SAME HOME. Here are some suggestions you may want to consider as you continue to face the daily challenges: **God does not waste anything, so why should we?**

Find a way to structure your days.

- This includes getting plenty of rest; however, too much sleeping in and just falling asleep can prevent good sleep at night when our bodies need it the most.
- Schedule a quiet time hour for your family. Guy and I experienced the benefits of this in our younger parenting years. The whole family had an hour of quiet from 1-2 p.m. We provided alternatives to electronics and music and provided things such as art materials, building materials(Legos, Jenga blocks, Lincoln Logs etc). Other materials are good old fashion books, coloring books, puzzles. We set a timer for 1 hour. The first week was a living (not heaven) but after that the children looked forward to it and asked for it after the second week. Today our children are 28 and 30 and still value quiet and times of self-solitude.
- Schedule a daily movie or show together. Make popcorn or cookies together. Or try something new. Get in the pantry and see what creative thing you can make with "what you have left." Have a distinct time for turning on the television by utilizing "The News Hour" and answering your kids' questions as simply as you can. "The Movie Hour" begs to draw names and that person gets to pick the movie or the show.
- Schedule school time and set a timer for mini-goals throughout the day. When timer goes off, it's time to take a break, get outside, get nutrition. They are accustomed to a schedule, and remind them that when school work gets done during the day, then night time rewards are relaxation, watching movies, playing games, and a guarded amount of device time. **THINK REWARDS NOT BRIBES. Let the natural consequences flow when they do not self-govern enough to have free time at the designated time.**

Find a way to have meals together

- It does not need to be fancy or plentiful, but it can be fun with some structure. Each meal, a different member of the family gets to ask the question of the day-like, “What was the best part of your (Morning, day, etc). Each member of the family gets a chance to share, but no forcing.
- Ask each member of the family to write down themed questions in a jar to be drawn before mealtime. The designated “asker” can draw and read the question while family members take turns giving their response!

Work on long awaited projects

- Throw out perfectionism! It’s an illusion anyway. Engage the whole family in household projects you have been trying to find the time to complete. So what if someone does not do it the exact way you want it, it’s the engagement and presence with each other we find to be the treasure. Not the end product.
- Go outside. Teach kids how to rake, pull weeds and sweep the patio. And by the way, a warm day is perfect for washing the car.

Work in Bible and Prayer naturally.

- Pray at meal gatherings, before bedtime, and during conflict resolution. “Thanks God for the amazing sunshine today!” “Thank you God for Cocoa Pebbles! It’s my favorite.” God does not want to be forced into the atmosphere, but He does want to be invited in the everyday simplicities.

Remember to schedule self-care time for yourselves as couples, singles, parents and caregivers!

- As adults, do whatever it takes to get time with Jesus, time with self, and time with spouse. You may need to get up earlier to do this or stay up later, but your time will be worth it.
- If you need help with ways to make this effective, please call or email Guy or Roxanna or your counselor. We want to be of support

- **Reach Out for Support**

You can email Guy or Roxanna for an appointment on Telehealth at a **20% discount**:

Guy@therelationshipwarehouse.com or Roxanna@therelationshipwarehouse.com

During this time, we are offering our numbers to text for brief communication needs: Please call or text Guy (714)-389-8590 or Rox (909)437-1551 for prayer needs. We will send you spoken prayers over text.

You can please make your donation on the donate button at www.therelationshipwarehouse.com for 20% discount telehealth video calls.

We care about your relationships and your connection to God, the One that is present with you and cares about your every need.

With love,

Guy and Roxanna