

# Community Education Service



*Improving emotional health and well being*

## Supporting Your Children to have Healthy Relationships during Physical Distancing

**Crystal Dittrick, Ph.D., Canadian Certified Counsellor, Registered Psychologist**  
**Allison Blake, MA, Success Coach**

This presentation will focus on how parents can help children develop and maintain positive healthy relationships during a time of physical distancing. The COVID-19 pandemic has led to a requirement for physical distancing from peers and others outside one's household. Physical distancing does not mean the same thing as social and emotional distancing. Children and teens can and should stay social and emotionally connected with their peers and others. Healthy relationships and social connections are key in fostering positive social-emotional development and resilience. Strategies to help parents promote healthy and positive relationships during a time of increased physical distance will be provided. Parents will be empowered to have meaningful conversations with their children to build the parent-child relationship, as well as help their children develop and maintain healthy relationships and digital connection outside their immediate household. Strategies for engaging in digital connection safely will be discussed.

## FREE WEBINAR

**Thursday, May 7, 2020**  
**6:00 - 8:00 PM**

[Register](#)

<http://community.hmhc.ca/>