

Staying Connected with Love

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Research has shown that being intentional about staying connected, with love, actually reduces the negative effects of stress. People who take time to show acts of love and kindness experience more positive emotions, sleep better, and have stronger immune systems.



Here are some suggestions for focusing on love and joy:

- ▶ Try using this statement with family and friends:
- ▶ “I love you more today because...”
- ▶ This seemingly random act of love will leave a lasting impression.
- ▶ Pay attention to how you feel when being intentional about connecting with love.

Morning Love notes

- ▶ Make your kids smile with morning love notes! It's a sweet act of kindness you can do for your kids and even your spouse.
- ▶ This loving gesture will set the tone for the entire day!

Here are some examples:

- ▶ The love notes might read:
- ▶ You never give up!
- ▶ You always help around the house.
- ▶ You stick up for others!
- ▶ These notes will be treasured keepsakes for your children.

Share positive news and acts of kindness via Social Media:

- ▶ Team up with your family and friends to give some positive shout outs to people who are helping you navigate through this COVID-19 Crisis: teachers, counselors, friends, family.
- ▶ Be creative and find ways to intentionally connect with love.

Feel free to call us on the Parent Support Line at 205-617-1824

- ▶ We are here to help you stay connected with love and support Monday - Friday from 9:00 am - 2:00 pm
- ▶ We'd love to hear from you.
- ▶ Be well!