

# STELLAR *Life*

Hosted By *Orion*

## Holistic Parenting in a New World

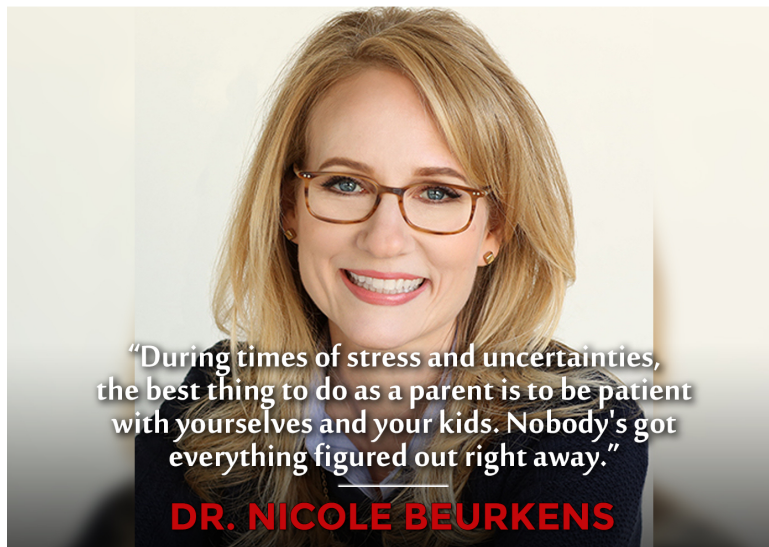
10 Point Checklist

**Dr. Nicole Beurkens**

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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"During times of stress and uncertainties, the best thing to do as a parent is to be patient with yourselves and your kids. Nobody's got everything figured out right away."

**DR. NICOLE BEURKENS**

# 10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.  
Here are 10 steps that can move you closer to your goals – today.**

- ☐ Let this quarantine be an opportunity for you and your kids to slow down. Instead of cramming days with homeschooling activities, find time to play, and enjoy this free time.
- ☐ Don't worry too much about your kids missing out on school because of the extended suspension. You can incorporate learning at home by letting them help with chores. For example, baking involves reading and math.
- ☐ Help them stay connected with their friends while on lockdown. Aside from the homeschool Zoom sessions, schedule a time for them to video chat with their friends.
- ☐ Utilize technology with proper supervision. Since everyone is required to stay indoors, screen time might slowly ramp up. However, this shouldn't be an excuse to let children use their phones or tablets without supervision.
- ☐ Remain composed and don't let your kids feel your stress and anxiety. Whenever they sense an uncomfortable feeling from you, they can become anxious as well.
- ☐ Encourage them to communicate how they're feeling, even if it's not a positive emotion. Let them feel their emotions are valid and accepted no matter what their current temperament is.
- ☐ However, let children and even young adults know that it's not okay to dwell in negative emotions for too long. It's alright to be upset, but everyone should be mindful of their actions while in that emotional state.
- ☐ Set boundaries and learn how to say no. Children need to hear the word "no" sometimes especially when it's necessary. This will help them learn that the world is not always full of yeses and participation trophies.
- ☐ Establish a clear structure or routine at home even when classes are canceled. Children need to have a system to their day to help them cope amidst the chaos that's happening outside your home.
- ☐ Grab a copy of Dr. Nicole Beurkens book, [Life Will Get Better](#), and visit her [website](#) to access her free gift, [The 5 Keys to Unlock Better Behavior, Naturally](#).