EMILY GARCIA: Hello to all of the parents of school-aged children who are out there. During this time of social distancing, things can feel pretty chaotic and overwhelming. And for many of us, we are not used to being stuck in our homes. And we definitely aren’t used to being in our homes with our kids and nowhere that we can go. So if you’re feeling anxious and overwhelmed by all of this, please know that you are not alone.

I will ask you to do a few things. Try them out. See what works for you. So first, if you are feeling overwhelmed by social media or the news, please disconnect and take care of yourself. If you are craving social connection, pick up the phone and call someone. If you need a few minutes away from your kids, go in the bathroom and take a hot shower.

And if you just want to sit on the couch and watch TV, it is OK. As parents, we never know if we’re doing a good job. The one thing we do know is that our kids trust us, and they’re watching us. So experiment with being honest with them about your feelings and what you do know. It is OK to tell them that you feel scared, and you don’t know what tomorrow will bring.

And you can reassure them that everything will be OK, because it will. If you’re the type of person that thrives on having a schedule, create one. It can include time to cook together, art, going for a walk if you’re able, watching a movie, having a nap, or having quiet time and reading. All of that is OK. Do what is right for your family. You know them best. I wish you all the best, and we will get through this.