

## Social- Emotional Resources for Parents from Your Teen Magazine

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Our emotions are swirling as we try to keep pace with the latest updates about COVID-19 and the immense ways that it has changed life as we know it for now. Of course, the most important thing we can do is comply with the corona quarantine and stay home, for our own good and even more importantly for the wellbeing of others. That's what being part of the human family means.

Most importantly, I hope that you and your teenagers are safe.

I'm in Cleveland, staying put. My college freshman came home first, but as of right now, three of my adult children have found their way home, and the other two will soon be on the way. We'll be here as long as needed so that we can do our part to flatten the curve of this virus.

We started Your Teen for Parents because we didn't want parents to feel alone, and now, it is even more essential to have some extra support. We're here for you.

As I've chatted (virtually) with the Your Teen staff, my friends and family, and several experts, I'm committed to helping parents navigate the new normal that includes staying home.

We've shared a daily video interview ([click here for videos](#)) with our best experts talking parenting in these extraordinary times, including:

- ✓ **the anxious teen** with Dr. John Duffy, author of *Parenting the New Teen in the Age of Anxiety*
- ✓ **the high energy teen** with Dr. Adam Price, author of *He's Not Lazy*
- ✓ **the college kid now home** with Deborah Paris, LSW

- ✓ **teens at home** during the pandemic with Dr. Carolyn levers-Landis
- ✓ **the new family norm** with Dr. Tori Cordiano

Based on what I've seen so far, I have no doubt that we'll make it through. Together, we can make the best out of this unprecedented and challenging situation by staying [positive](#) and supporting each other.

We're working overtime to get great information to you. Here are our articles from this past week.

👉 [Four Lessons I Hope My Teen Will Learn from Coronavirus Quarantine](#) 👈

👉 [Schools May Be Closed — But Life Skills University is OPEN!](#) 👈

👉 [How I'm Guiding My Teens in a Pandemic by a Teacher and Educator](#) 👈

👉 [College Cut Short By Coronavirus: Making the Pivot](#) 👈

👉 [Staying Positive Despite the Coronavirus: Finding the Positives](#) 👈

👉 [Stuck at Home? Take a Virtual Field Trip to the World's Best Museums](#) 👈

👉 [Trying \(and Failing\) to Convince Aging Parents to Stay Home](#) 👈

👉 [83 Things To Do While Social Distancing \(For Teens\)](#) 👈

While no one has a crystal ball to see the future, we at *Your Teen* will be here every day to provide support, expert advice, and companionship. Please, please

don't hesitate to [reach out](#) if there is a question that you have that we can help you answer.