VIRTUS Online: At Home With Kids
April 29, 2020

It appears that social distancing and adapted life-styles will continue to be our reality for the foreseeable future. Perhaps you and your kids are settling into a new rhythm or maybe experiencing a little (or a lot!) of cabin fever. While we cannot control many of the situations presented by the worldwide pandemic, it is possible to adapt our mindset, as well as set the tone for our children.

This week, we are highlighting VIRTUS Online, which is readily available to all Diocesan employees and volunteers. It has an extensive library and bulletin archive covering a range of interpersonal, online, and family safety topics. To begin exploring the site, we recommend taking a look at their article “At Home With Kids,” which promotes a peaceful and healthy environment by providing families with ideas on how to find “a new normal.”

Some suggestions for a safe and healthy environment include:

Prayer: Incorporate prayer into your daily routine. Please consider joining Bishop Cantú in saying a prayer in solidarity and support with one another at 12:05p.m., each day. Click for Prayer Card in English, Spanish and Vietnamese.

Daily Routine: Be as consistent as possible. Encourage everyone to get up at a reasonable hour and get dressed, even if you aren't leaving the house.

Watching Kids While Working from Home: If your spouse is at home, pre-plan shifts with the kids so that you each have concentrated time to work.

Entertainment: Reach out to others. Call grandparents, make cards for others who might be isolated, or join video chats with family and friends.

Please see article “At Home With Kids” for full list of suggestions.

Together in Christ, we will continue to build a stronger, safer, and healthier community.