

<u>Family:</u>	<ul style="list-style-type: none"> ● FAMILY SCHEDULE: Clare made a schedule, but family didn't follow it. 	<ul style="list-style-type: none"> ● They should have a family meeting to discuss and establish a family schedule with everyone's feedback. They could plan to have time right after dinner to go over "Family Business".
	<ul style="list-style-type: none"> ● SCREEN TIME: Everyone is on their screens all the time. 	<ul style="list-style-type: none"> ● The family could establish some guidelines for screen time use (less for little ones, more for older kids and parents).
	<ul style="list-style-type: none"> ● HOUSE: Gets dirty & cluttered quickly. 	<ul style="list-style-type: none"> ● Create a cleaning/chore schedule and assign a task that each child can do daily or once or twice a week based on age and capability. Everyone can and should be doing more - team work! For the older ones, offer a fee for some larger tasks since they may not have the opportunity to earn money this summer. *Every person must strive to keep order by putting things back in their place.
<u>Couple:</u>	<ul style="list-style-type: none"> ● They already had some tensions before the confinement period. 	<ul style="list-style-type: none"> ● They should take advantage of this time together to focus on their relationship, specifically by developing a deeper friendship & being there for one another. This will then help them to be closer and more intimate.
	<ul style="list-style-type: none"> ● SHARING WORKSPACE: Both are working from home and having meetings. They had a fight over who should take care of the kids during meetings. 	<ul style="list-style-type: none"> ● Solutions depend on how the house is set up. The couple must discuss the various options, using creativity and always being respectful of each other. Children need to be occupied during important meetings, so save screen time privileges for these moments, or ask an older sibling to take the younger ones out for a long walk. Discuss the route they will take and be sure they are equipped with a water bottle, snack etc. if it's a longer walk.

Clare:	<p>EXPECTATIONS: She expects too little from Paul...and her</p> <ul style="list-style-type: none"> ● kids. It's not clear she knows how to collaborate with him. 	<p>She could choose a good time to talk to Paul to make it</p> <ul style="list-style-type: none"> ● clear that she needs his help. She needs to get his input & support. Find a balanced approach to sharing tasks.
	<p>CONTROL: She seems to be trying to do all the organizing</p> <ul style="list-style-type: none"> ● herself. She takes on too much responsibility & doesn't delegate. 	<p>Delegating tasks to everyone will relieve her stress & she will feel less overburdened. She could ask kids to be more involved in household chores, which are important skills they need to learn.</p>
	<p>HOMESCHOOLING: She is a bit overwhelmed by the</p> <ul style="list-style-type: none"> ● different lessons and platforms that the children need for their studies. 	<p>Clare could ask Liam to help her figure out the platforms since he's used to computers. He could also be asked to help out Katie with her math or perhaps Nathan, depending on the quality of their relationship.</p>
	<ul style="list-style-type: none"> ● COMMUNICATION: She needs to express her needs & the family needs to her husband. 	<ul style="list-style-type: none"> ● They need to carve out some "us" time every day so that they can connect & chat.
	<p>EMOTIONAL: She feels guiltily & anxious about her kids.</p> <ul style="list-style-type: none"> ● She feels anger/resentment/sadness about missing her "Girls Getaway". 	<ul style="list-style-type: none"> ● Clare could talk to friends...pray/meditate/keep a journal about her feelings, as a way to vent.
	<p>MONEY: She's worried about getting refunds for deposits</p> <ul style="list-style-type: none"> ● she's made for children's activities and summer rental home. 	<p>Clare should make a list of everything she has made reservations on. Then she & Paul need to discuss this and divide the task of follow-up emails/calls to see if they can get refunds.</p>

<u>Paul:</u>	<ul style="list-style-type: none"> ● CAREER/COMMUNICATION: He has focussed all of his energy & time on his career and not towards the needs of his family. 	<ul style="list-style-type: none"> ● He needs to communicate daily with his wife and each of his kids...to know what their needs are. He could ask Clare for ideas of how to make up for lost time with his family, so she would know that he cares.
	<ul style="list-style-type: none"> ● FAMILY: Leaves everything in Clare's hands/responsibility. 	<ul style="list-style-type: none"> ● He should ask Clare how he can help more in the home and with the kids to make up for lost time.
	<ul style="list-style-type: none"> ● EMOTIONAL: He's happy to provide for his family, but feels burnt out. Since his fight with Clare, he is distant. 	<ul style="list-style-type: none"> ● He has an opportunity to step back & see the big picture. Of course, he should continue to work hard (in moderation!) to provide for his family, but he needs to take care of himself. He should take time to exercise and rest and do as many things as possible with his family, but also reflect on what his priorities should be going forward. He could also try to find ways to become closer with Clare & stop being distant.
	<ul style="list-style-type: none"> ● KATIE: Paul doesn't know how to handle her crying at night & just goes to bed and ignores the issue. 	<ul style="list-style-type: none"> ● Paul should have woken up Clare to tell her about Katie...or taken the courage to knock on her door & go to see if she's ok.
<u>Liam (17):</u>	<ul style="list-style-type: none"> ● STUDIES: Clare thinks he's not worried enough about his future. He's not preparing for upcoming exam. He doesn't seem to be studying, but is rather passive and perhaps avoiding his worries by immersing himself in gaming. 	<ul style="list-style-type: none"> ● Parents should help him be accountable for the school work he should be doing and suggest some Time Management strategies(schedule, weekly targets etc.) for staying focussed & on task, perhaps suggesting a suitable App. The quarantine is a good opportunity for studying. They should make time to chat with him about his future and help him establish a Plan B, if he doesn't get into his first choice at university. They could also suggest he make an appt to speak to a teacher/Guidance counsellor, if needed.

<u>Liam (17):</u>	<ul style="list-style-type: none"> ● GAMING HABITS 	<p>Clare could ask Paul to talk to Liam about this. Paul could ask some questions about how many hours he's gaming per day/night...how is he fitting in his schoolwork etc.</p> <ul style="list-style-type: none"> ● Paul could suggest that 1 hr of gaming could be a "reward" for 2 hrs of study. Liam could hand over his cell phone to his parents at night.
	<ul style="list-style-type: none"> ● FAMILY: He seems disconnected from his family/isolated in his room. 	<ul style="list-style-type: none"> ● He could be asked to help out with some chores or playing with Sophie to keep her busy.
<u>Katie (13):</u>	<ul style="list-style-type: none"> ● EMOTIONAL: She's crying in her room at night (reason is unknown) 	<p>She needs to be consoled & hugged and to talk. Parents need to connect with her and figure out what's making her sad. Help her to have a balanced outlook: studies/friends/family.</p>
	<ul style="list-style-type: none"> ● SOCIAL LIFE / FRIENDS: She seems to be missing her social life & is craving company. 	<p>She needs to spend time with people in her family having fun. She should be encouraged to plan other fun family activities like Trivia Night...or to organize a play with Nathan & Sophie. She could organize virtual parties with her friends on platforms or hangouts.</p>
	<ul style="list-style-type: none"> ● STUDIES: She has difficulties in Math & is worried about not getting help. 	<p>She could ask Liam/parents/teacher/friends for help with Math. Parents should troubleshoot to find a solution to get her math support/tutor.</p>

<p>Nathan (9):</p>	<ul style="list-style-type: none"> ● EMOTIONAL/BEHAVIOUR: He annoys people to get attention. He feels abandoned by his family and he gets yelled at for everything he does wrong. 	<ul style="list-style-type: none"> ● One way to give him attention is to give him short, uncomplicated tasks/jobs that will make him feel useful and valued. This will boost his self-esteem...but it needs to be something he's interested in! So he needs to be consulted for this strategy to work. He could be asked to help play with Sophie for a set time every morning and afternoon. Parents should consult past reports from professionals to refresh their minds about the specific recommendations/strategies for him. They could also go to ADHD websites to get ideas about strategies on how to survive during this pandemic. Everyone in the family needs to feel loved unconditionally. Parents need to have moments of affection with each child, but especially those who need 130%! Parents need to give attention even when his behaviour is bad because it's expressing a need he has.
	<ul style="list-style-type: none"> ● STUDIES/ADHD: He's working, but struggles to learn things. 	<ul style="list-style-type: none"> ● He needs a lot of structure/clear rules & expectations. The schedule is super important for him, so that he knows what to expect. Parents (& Liam?) could alternate giving him one-on-one support during study time. He would benefit from some strategies for organizing his time and work. He needs to be praised for his efforts.

Sophie (3):	<p>BEHAVIOUR: Sophie seems to annoy everyone lately</p> <ul style="list-style-type: none"> ● because they are all stressed and impatient. She's competing for attention. 	<p>Her behaviour is normal for an active toddler in these circumstances. All the family members need to find ways to generously give her time. They would do this for a</p> <ul style="list-style-type: none"> ● puppy and they should do it for their cute sister. The positive attention she receives will be beneficial for the whole family. Clare & Paul should make sure she gets cuddle time before bed. They can alternate, if needed.
	<ul style="list-style-type: none"> ● ACTIVITIES: Needs activities to keep her occupied. 	<ul style="list-style-type: none"> ● Each family member could give her 30 mins a day of one-on-one play time; they could take her for walks, read to her, do a craft (ex: playdough) or colouring; give her some "school work" like writing the letter A etc.
	<ul style="list-style-type: none"> ● FAMILY: Sophie is crawling over everyone while they try to enjoy the Trivia Night. 	<p>They should plan some activities that are suitable for all the family to have fun. Ex: a walk in the woods...a Just</p> <ul style="list-style-type: none"> ● Dance competition...so that Sophie can be actively participating. If they do another Trivia Night/Movie Night, maybe they could wait until Sophie is in bed.