

Welcome, everyone! We will get started shortly.

# Maintaining Family Well-Being During Covid-19

Foothill Family presentation

# Impact of COVID-19 on Families

## ► Changes in Environments

- Working from Home/Job Loss
- Financial Stressors
- School Environment
- Childcare
- Living Arrangements
- Activities
  - Children/Family/Self-care activities compromised
- Social Relationships
  - Changes in seeing family members/friends



# During Difficult Times It Is Ok for Parents and Children to feel...

- ▶ Anxious
- ▶ Confused
- ▶ Sad
- ▶ Angry
- ▶ Stressed
- ▶ Overwhelmed



# Taking Care of Yourself as the Parent

► *An important factor of Positive Parenting is taking care of yourself first!*

- Remaining calm and relaxed
- Modeling to children how to deal with stress
- Limiting media to manage own fears/anxieties

► **Self-Care Activities**

- Going on a walk, taking a shower, journaling, calling a friend, etc. Use your support systems often.
- Do what feels relaxing/good for YOU!



## 2-3 Minutes Relaxation Exercises



<https://youtu.be/EiuTpeu5xQc>



<https://youtu.be/cl4ryatVkJw>

# Communicating with Your Child

## ► Consistent Checking in

- Do not be afraid to ask your child about the current situation
- Ask them about their feelings

## ► Listen and Validate

- Listening without criticizing
- Let your child know that their words are valid

“I understand you, it sounds like not being able to see your friends makes you sad.”

## ► Ask Your Child How You Can Support Them



# Questions to Ask Children



## *Younger Children*

- ▶ Have you heard about the coronavirus? What do you know about it?
- ▶ It looks like you have been sad. Do you miss playing with your friends?
- ▶ What do you miss about school?
- ▶ What do you want to do when we are allowed to go outside again?
- ▶ It seems like you are a little frustrated, how can I help you? Would you like a hug?



## *Older Children*

- ▶ How have you been feeling with all of the restrictions?
- ▶ What do you miss the most about school/friends/sports?
- ▶ What are the top 3 activities that you most want to do after the restrictions?
- ▶ What are you scared about?
- ▶ How can I support you during this time?

# Let your children's questions guide you

- ▶ Children will may have many questions about the virus and it's important not to avoid giving them the information that experts indicate as crucial to your child's well-being.
- ▶ Be honest and accurate when providing age appropriate information
- ▶ Provide simple safety steps to ensure that everyone stays healthy

**For additional information on how to talk to you child about COVID-19, please explore the following links:**

- ▶ <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>
- ▶ [https://store.samhsa.gov/sites/default/files/SAMHSA\\_Digital\\_Download/PEP20-01-01-006-508.pdf](https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP20-01-01-006-508.pdf)
- ▶ <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

# Why are Routines and Schedules Important?

- ▶ Influence a child's emotional, cognitive, and social development
- ▶ Help children feel safe and secure
- ▶ Help children understand expectations and rules
- ▶ Reduce behavior problems
- ▶ Increase child engagement



## Sample schedule:

Daily Schedule

Before 9:00 AM	Wake up!	Make your bed, eat breakfast, brush teeth, get dressed
9:00-10:00	Outdoor Time	Family walk or outdoor play
10:00-11:00	Academic Time	No Electronics! Reading, homework, study, puzzles, journal
11:00-12:00	Creative Time	Creative play, drawing, Legos, crafts, music, cooking, baking
12:00-12:30	LUNCH	
12:30-1:00	Home Chores	Clean rooms, put away toys, take out garbage, pet care
1:00-2:30	Quiet Time	Reading, nap, puzzles, yoga
2:30-4:00	Academic Time	Electronics OK! Educational games, online activities, virtual museum tours
4:00-5:00	Outdoor time	Family walk or outdoor play
5:00-6:00	Dinner time	Family dinner, help with clean-up and dishes
6:00-9:00	Free Time	Relaxing before bedtime
9:00 PM	Bedtime	Put on PJs, brush teeth, clothes in laundry

- ▶ Not everyone's schedule will look the same.
- ▶ Create something that works for you and your family.
- ▶ It's okay if your new routines don't go as planned. If you don't get to the activity you had planned for the morning, try it in the afternoon—or the next day, or the day after that.
- ▶ Don't put pressure on yourself to get everything done. Children will remember how they FELT during this time, not what assignment they did not complete.
- ▶ Children are resilient and so are YOU!

# How Can I Support My Child with Their Current Schoolwork?

- ▶ **Understand Your Child's Learning Style**
  - ▶ Every child learns differently, e.g. some are more visual, some need a quiet area, some need breaks in between tasks, be patient and find out what works best for your child.
- ▶ **Praise Persistency**
  - ▶ Focus on effort rather than perfection
    - “You are working so hard on that project.”
    - “You are so patient and I like that you keep trying all different ways to figure it out.”
- ▶ **Give Rewards**
  - ▶ Create no-cost or low-cost rewards that can motivate your child

# No Cost and Low Cost Rewards



<b>Buy them a new book</b>	<b>Let them choose a movie to watch together</b>	<b>Let them choose their snack/treat</b>	<b>Buy them a new craft or more art supplies</b>	<b>Play a new or old favorite board game together</b>
<b>Let them pick what music to listen to in the car</b>	<b>Stickers!</b>	<b>Extra time for technology use (TV, videogames, etc.) and use within reason to maintain self-care</b>	<b>Let them choose dinner</b>	<b>Cook/Bake together</b>

# Kids Resources for Learning

- ▶ **Khan Academy**-free lessons for K through 12.
- ▶ **You Tube**: Art for Kids-provides drawing lessons for kids that can allow parents a break **OR** search the type of lesson you would like and most likely there will be several videos
- ▶ **ABC Mouse**-free for 30 days lessons
- ▶ **PBS Kids**-Free games and lessons

**Links to websites above and other helpful links are in the last slide.**



# Creative Activities to Do with Your Family

- ▶ Play board games or create a game together
- ▶ Incorporate your children in household chores
- ▶ Cooking new recipes together
- ▶ Have children help you in the yard/plant new flowers
- ▶ Make an obstacle course
- ▶ Put on a YouTube video and draw together
- ▶ Going on Hiking Trails and Recreational Parks if/when safe
- ▶ Virtual tours on Museum websites
- ▶ Virtual tour of CSUN's website under Outdoor Adventure



Website with a variety of activity ideas to explore:

<https://rochester.kidsoutandabout.com/content/250-creative-ways-keep-your-family-sane-during-covid-19-crisis#games>

# 5-10 Minutes Family Friendly Workouts



[https://youtu.be/oJBTw9tvh\\_s](https://youtu.be/oJBTw9tvh_s)



<https://youtu.be/R0mMyV50tcM>

## Planning Ahead ☺

- ▶ *Remember to stay positive and remind your child that this crisis will not last forever*
- ▶ **Plan a fun activity to do after the crisis is over ☺**
  - Meeting up with Family/Friends at the park
  - Going to the beach
  - Throw a party with loved ones





# Signs Children are Struggling

- ▶ Refusing or not completing assigned homework
- ▶ Utilizing inappropriate language towards family members
- ▶ Behavioral/mood changes
- ▶ Changes in sleep patterns
- ▶ Expressing worries about different areas in life such as school, health, or the future
- ▶ Struggling with the family's financial hardship, loss a family member, or having a family member ill



# Children/Teens that are at Higher Risk

Children with identified histories of trauma may be especially vulnerable to the impact of significant changes in schedule, routine and expectations that come with social distancing, canceled classes, remote learning and reliance on caregivers for academics. These include children who have had:

- Depression
- Thoughts of Suicide
- Learning and attention disorders
- Families who may have lost jobs or income
  
- Loved ones particularly vulnerable to the virus
- A caregiver with a job that exposes them to the virus
- Less supervision because of caregivers' work

# What If I Need Extra Support?

**ALL families will be under increased stress and isolation with varying levels of support and resources.**

If you have noticed significant changes in your child's behavior/emotions, we are here to support you!



## **Mental Health Services are available!**

- ▶ Families can call **626-993-3000** and dial 4
- ▶ Teletherapy and/or phone therapy sessions are being offered.

**We have immediate openings for families to be serviced by a mental health professional!**

For additional information, visit our website at <http://www.foothillfamily.org>

# Questions and Answers

Chat Room is available for you to type in questions/comments

# Website Links

## Relaxation Exercises

- ▶ <https://youtu.be/cI4ryatVkJw>
- ▶ <https://youtu.be/EiuTpeu5xOe>

## Talking to Children about COVID

- ▶ <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>
- ▶ [https://store.samhsa.gov/sites/default/files/SAMHSA\\_Digital\\_Download/PEP20-01-01-006-508.pdf](https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP20-01-01-006-508.pdf)
- ▶ <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

## Online Learning

- ▶ <https://www.khanacademy.org/>
- ▶ <http://www.youtube.com>
- ▶ <https://www.abcmouse.com/>
- ▶ <https://pbskids.org/>
- ▶ [http://www.openculture.com/free\\_k-12\\_educational\\_resources](http://www.openculture.com/free_k-12_educational_resources)
- ▶ <https://www.jumpstart.com/parents/resources/kids-resources>

## Creative Family Activities

- ▶ <https://rochester.kidsoutandabout.com/content/250-creative-ways-keep-your-family-sane-during-covid-19-crisis#games>
- ▶ [https://youtu.be/oJBTw9tvh\\_s](https://youtu.be/oJBTw9tvh_s)
- ▶ <https://youtu.be/R0mMyV5OtcM>

## Posters on topics discussed during today's presentation from the World Health Organization

- ▶ <https://www.covid19parenting.com/>

## Foothill Family's website:

- ▶ <http://www.foothillfamily.org>