

Welcome Back Parents Secondary School Grades 6-12 Hewlett Woodmere Public Schools

Strategies on How to Best Support Your Child's Return to School



Physician Partners



Your School Team



Your Behavioral Health Center Team





CONCEPT VIDEO
The Power of Letters



COVID-19 as a “our reset” ...

Focus
on

Looking forward

Focus
on

The positives

Focus
on

“what we have learned”
What’s important to us?
What have we learned?
What new things did we do?
How we feel now?

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Impact of pandemic on kids

Isolation

Lack of school structure

Lack of peer contact

Parental stressors (financial, unemployment, illness, balancing work and home life)

Domestic violence

Lack of screening and external oversight

Trauma, grief, toxic stress

Loss of family members

Loss of milestones, events

Loss/disruption of existing care

Warning Signs and Symptoms

Physical complaints (headaches, stomach aches, dizziness etc)

Difficulty with focus, attention, organization, forgetfulness

Sleep issues

Increased anxiety, sadness

Behavioral issues

Anger, irritability

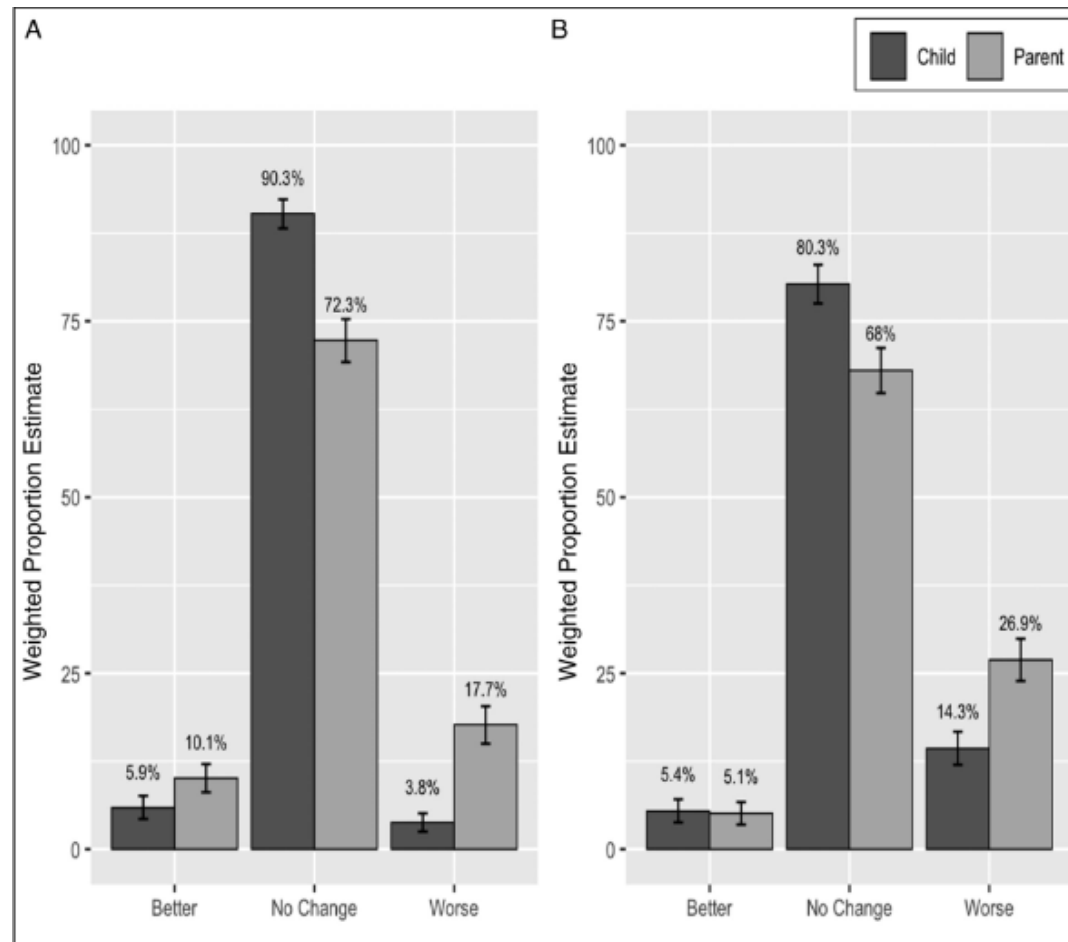
Mood issues, unpleasant, repetitive, intrusive thoughts

Survey of parents and children

Well-being of Parents and Children During the COVID-19 Pandemic: A National Survey

Stephen W. Patrick, Laura E. Henkhaus, Joseph S. Zickafoose, Kim Lovell, Alese Halvorson, Sarah Loch, Mia Letterie and Matthew M. Davis

Pediatrics September 2020, e2020016824; DOI: <https://doi.org/10.1542/peds.2020-016824>



Resilience Is the Norm

resilience:

“[t]he capacity of a dynamic system to adapt successfully to challenges that threaten the function, survival, or future development of the system.”

—Ann Masten, Professor, University of Minnesota
College of Education and Human Development

Resilience – Bouncing Forward?

Resilience is ‘bouncing back’ like a spring to our pre-crisis norm.

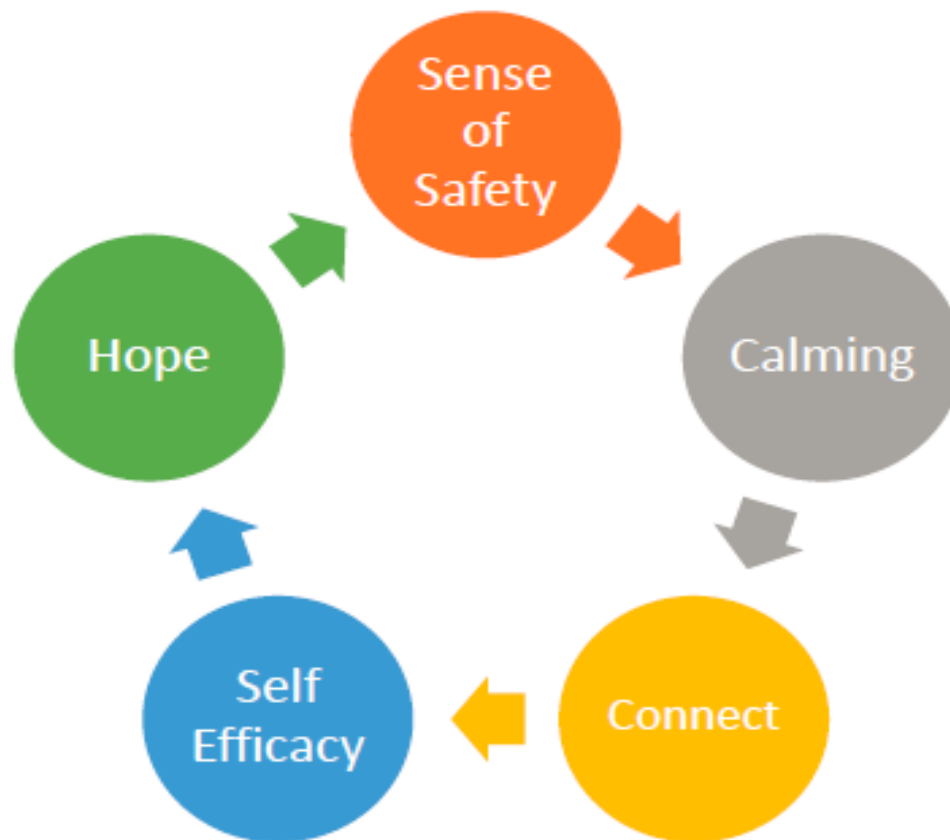
BUT when events of this magnitude and uncertain length occur, we cannot return to ‘normal’ life.

Resilience now is ‘**bouncing forward**’, to face an **uncertain future**.

This involves constructing a new sense of normality as we recalibrate our lives to face unanticipated challenges ahead

- From Walsh, *Family Process*, 41:34-36, 2002

Five Essential Elements that Promote Recovery Post-Trauma



Slide reproduced with permission from Patricia Watson, PhD NCPTSD

Promote a Sense of Safety



Sense
of
Safety

Explore and have open conversation

Start with what they understand

Acknowledge concerns

Normalize stress reactions

Explain what is being done in school to keep them safe

Empower them by having them understand their role and part in everyone's safety

Promote Calm



Calming

Model good coping skills

Practice mindfulness

Encourage self soothing

Exercise

Bring forward positive new habits that may have formed during isolation

Promote Connectedness



Connect

Support your child in obtaining social support

Utilize and harness technology

Incorporate face to face experiences when possible with safe social distancing measures

Be proactive in supporting your child

Be aware of their digital presence the same way you would be of their real life

Self Efficacy/ Confidence

Self
Efficacy

Reframe goals and expectations

Get kids involved

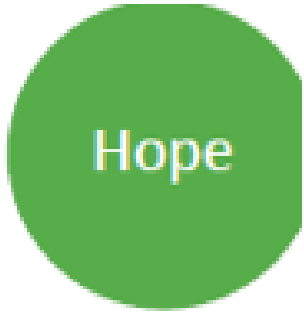
Get them proud of their community

Use isolation experiences to highlight ways they have become more independent and use this to increase confidence

Recognize them/others in the community that are making a difference

Get them fired up

Instill HOPE



Find Meaning

Accept and validate changes that have been difficult

Highlight change that has been positive

Emphasize things that are the SAME

Beyond resilience

Re-establish and create new routines

Involve kids and allow them control over certain decisions

Communicate and create space for discussion

Be consistent with expectations, but do not micromanage

Help establish healthy sleep schedules

Limit your own and your child's media consumption

Reminder for parents



DO YOUR BEST



GO EASY ON YOURSELF



SEEK ADVICE FROM
THOSE WHO KNOW YOUR
CHILD

COVID Mental Health Resources from Professional Organizations

FOR PARENTS

<https://www.unicef.org/coronavirus/supporting-your-childs-mental-health-during-covid-19-school-return>

https://www.aacap.org/App_Themes/AACAP/Docs/resource_libraries/covid-19/Tips-for-Transition-Back-to-School.pdf

https://www.aacap.org/AACAP/Families_and_Youth/Resource_Libraries/covid-19/resources_helping_kids_parents_cope.aspx

<https://healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Return-to-School-During-COVID-19.aspx>

<https://healthyschoolscampaign.org/covid-19-resources-for-parents/>

<https://www.nctsn.org/resources/nctsn-resoures-related-to-covid-19>

CCMC Resources

RVC Behavioral Health Center

Email: rvcbh@northwell.edu

Phone: 516-927-1630

CCMC Community Outreach resources

<https://childrenshospital.northwell.edu/about-us/community-outreach>

CCMC Pediatric Emergency Psychiatry

<https://childrenshospital.northwell.edu/departments-services/pediatric-emergency-medicine/programs-services/emergency-behavioral-health-services>

