

Parenting During Pandemic

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Homeschooling? NO!

- “You're not working from home. You're sheltering in place during a pandemic and trying to get work done in the gaps between taking care of yourself, your loved ones, your loved ones, and your worries. Respect the difference. Be kind to yourself.”
- “Homeschooling is not the same as CRISIS-schooling”
- “We need to have grace during such a strange time,” ... “We’re not gonna do this perfectly. Parents are trying their best.”
- “Keep things in perspective and go easy on yourself.”

<https://education.umd.edu/news/04-02-20-home-schooling-tips-dr-trakhman-and-others>

How are you Feeling?

CASEL CARES: Strategies for Being Your Best Possible 'SELf with Dr. Marc Brackett

How
Educators
Feel
Right
Now

Stressed
Worried
Uncertainty
Anxiety
Frustrated
Overwhelmed
Confused
Sad
Hope
Concerned
Tired
Joy
Peace
Grateful
Curious
Bored
Love
Isolated
Helpless
Nervous
Lonely
Calm
Optimistic
Exhausted
Uneasy
Angry
Scared

N = 5000
Webinar Participants
March 23-24

PERMISSION TO FEEL

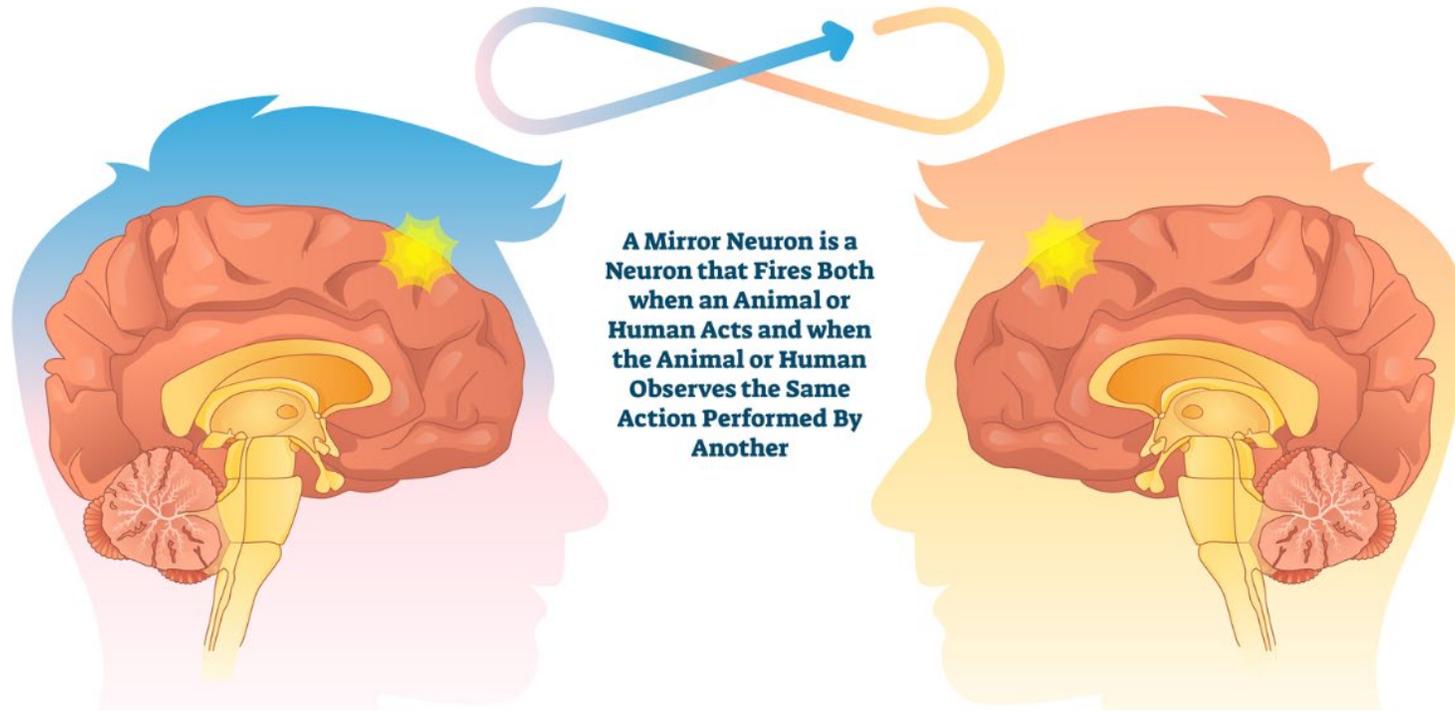
<https://www.youtube.com/watch?v=8UE2mWPPj0k&t=>

Marc Brackett, director, Yale Center for Emotional Intelligence

Self Care



Mirror Neuron



Allow us to stimulate the observed action implicitly in the brain to get ready to produce the action later.

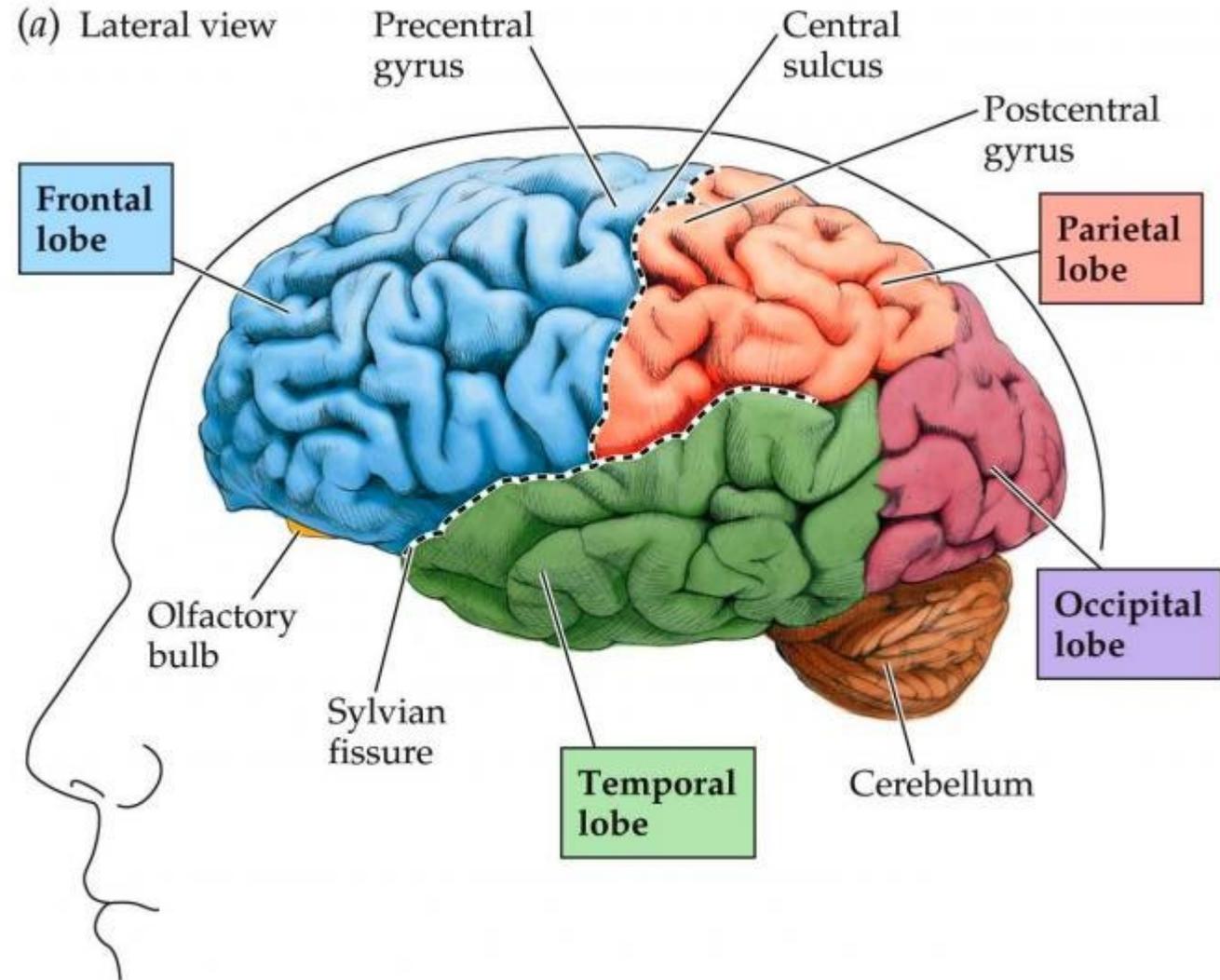
Child imitates parent facial expressions

Parent's anxiety → child's anxiety.



When Does Our Brain Reach Full Maturity?

- Increased myelination
- Pruning
- Increased Synapses formation
- Increased Activities in the Frontal Lobes



Brain Development in Adolescent Years

- Some researchers estimate that frontal-lobe development continues until **age 25 to 30**.
- The region in the frontal lobe which are responsible for judgement, planning, assessing risks and decision making are the last area to finish developing.
- Teens learn from parents to manage stress, make good decisions...
- Show them how you cope with stress

Cope with Stress

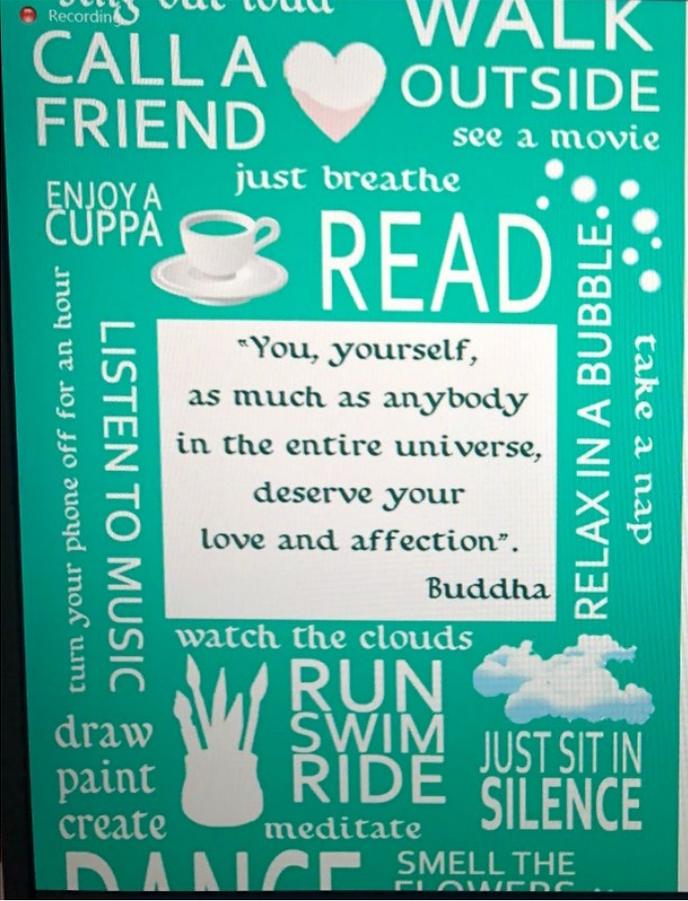
SELF-CARE MENU

-  take a few deep breaths **5 MINS**
-  stretch your body **5 MINS**
-  listen to your favourite song **5 MINS**

-  meditate on your purpose **15 MINS**
-  read a chapter of a book **15 MINS**
-  journal out your thoughts **15 MINS**

-  take a walk outside **30 MINS**
-  get crafty **30 MINS**
-  cook a new recipe **30 MINS**

@thefabstory



Recording

CALL A FRIEND  WALK OUTSIDE see a movie

ENJOY A CUPPA  just breathe

READ

LISTEN TO MUSIC turn your phone off for an hour

RELAX IN A BUBBLE. take a nap

"You, yourself, as much as anybody in the entire universe, deserve your love and affection".
Buddha

watch the clouds

draw paint create

RUN SWIM RIDE meditate

JUST SIT IN SILENCE

DANCE SMELL THE FLOWERS

Coping Strategies

Belly breathing

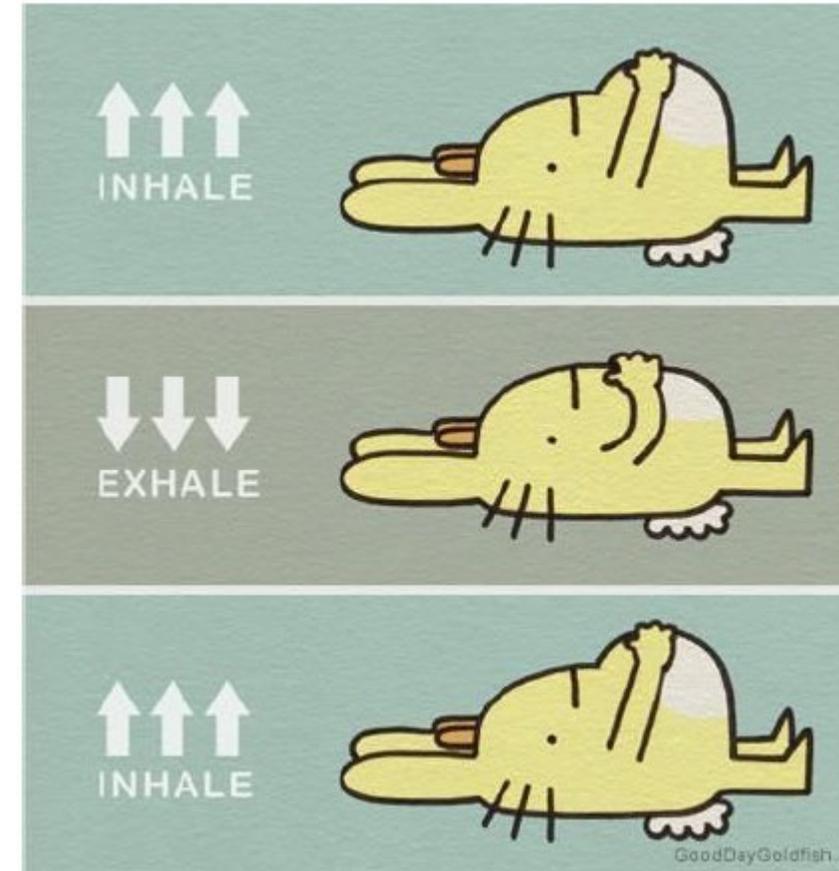
Positive self-talk: “Cixin, you can do this.”

Looking at the situation through a different lens

- “Cixin, you’re following all CDC guidelines to stay safe.”
- What will you say to your best friend?

<https://www.youtube.com/watch?v=8UE2mWPPj0k&t=>

<https://education.umd.edu/about-college/covid-19-updates-and-resources/keep-educating>



Coping and Emotional Regulation Strategies

- Are developmental
- **Must be taught**
- **Require effortful practice:** Strategies have to become healthy habits.
- Need to be evaluated and refined: is the strategy working to support my well-being now?
- Need a tool box (you need a Plan B, C...)
- Effective coping strategies are specific:
 - Emotion, personality, family background, culture, situation & relationship.

How
**CHILDREN
SUCCEED**



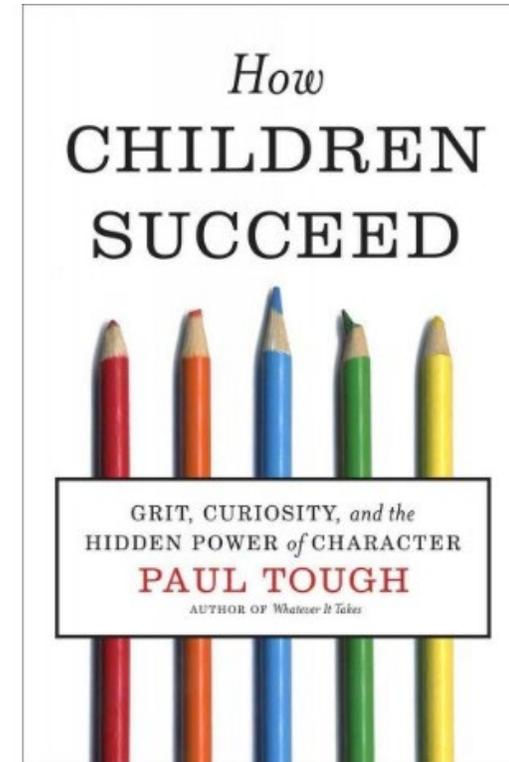
New York Times best-seller list

PAUL TOUGH

AUTHOR OF *Whatever It Takes*

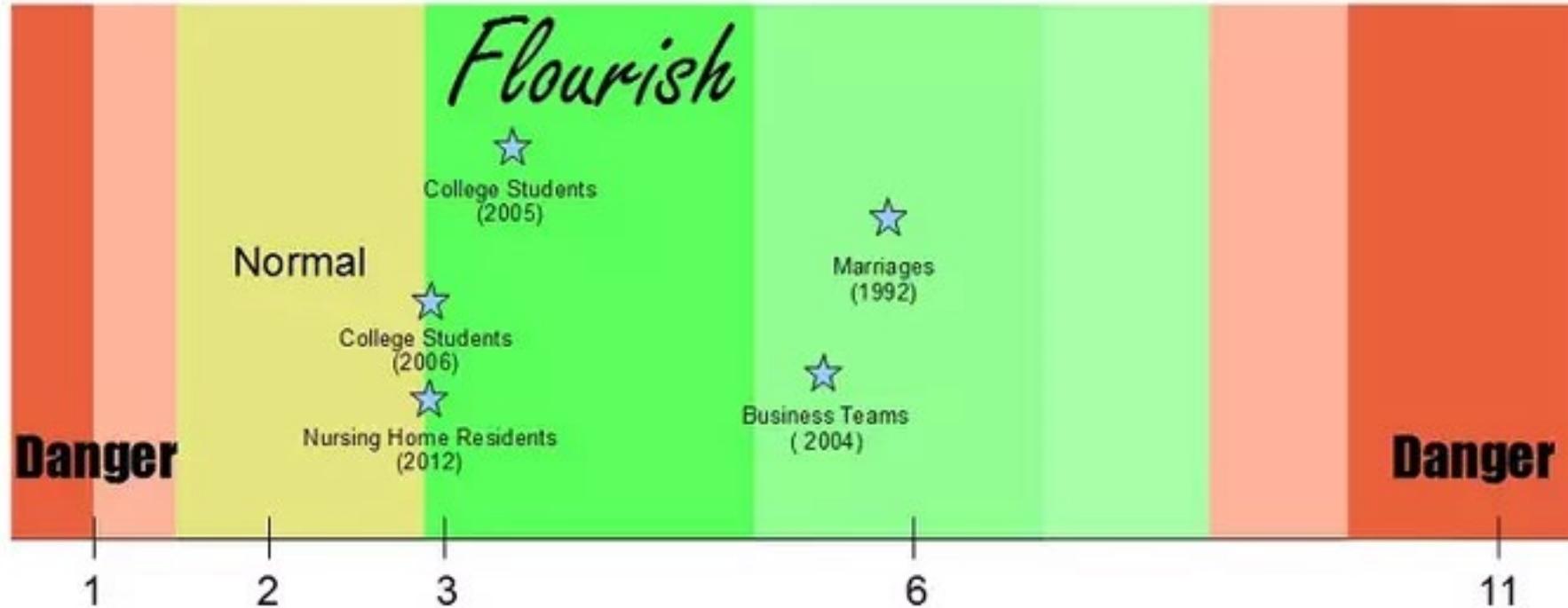
'Children Succeed' With Character, Not Test Scores

- Grit (passion and perseverance)
- Self-control
- Zest
- Social Intelligence
- Gratitude
- Optimism
- Curiosity



How Children Succeed
Grit, Curiosity, and the Hidden Power of
Character
by Paul Tough

Positive Parent-Child Relationship



Losada Ratio= The sum of the positivity in a system divided by the sum of its negativity.

A ratio of 3:1-6:1 → better performance.

<https://www.happierhuman.com/losada-ratio/#c3>

Common Conflicts at Home

- Teen: “After I do my schoolwork for a period of time, I should be allowed to take a break and do something fun (e.g., video games).”
- Mom: “You are wasting your time when you play video games. Let me help you create a better schedule so that you can be more efficient with your schoolwork.”
- Teen: “Everyone in my house is very grumpy in the morning. So we have a lot of arguments.”

Dr William Glasser's *Basic Needs*

				
<p><i>Love & Belonging</i></p>	<p>Power</p>	<p>FUN</p>	<p>Survival</p>	<p><i>Freedom</i></p>
<ul style="list-style-type: none"> ✓ belonging ✓ being loved ✓ being respected ✓ friendship ✓ sharing ✓ cooperation 	<ul style="list-style-type: none"> ✓ recognition ✓ success ✓ importance ✓ achievement ✓ skills 	<ul style="list-style-type: none"> ✓ enjoyment ✓ laughter ✓ learning ✓ change 	<ul style="list-style-type: none"> ✓ health ✓ relaxation ✓ sexual activity ✓ food ✓ warmth 	<ul style="list-style-type: none"> ✓ choices ✓ independence ✓ freedom from ✓ freedom to

Acknowledge:
 We need to have fun especially now.
 Playing video game is FUN (Wii Sports).
 Teens want parents to be proud of them.
 Autonomy and relationships are important.

Other FUN Things to Meet Our Basic Needs?

Ask your children for other FUN ideas...



FOOD

Food is the first essential ingredient in family dinner. Bring everyone to the table with recipes that are easy and family-approved.

RECIPE FOR CONVERSATION

TALK ABOUT: RESILIENCE



Do you know any stories about family members who survived major world events, like the Great Depression? What do you know about their stories?

Do you think those family members might have advice for us now?

What difficult experiences have we already faced, like a broken water pipe or a parent losing a job? What helped us then?

Mr. Rogers said that his mother taught him to “look for the helpers” in difficult times. How have people been “helpers” in the past? What about now? Are there ways our family can become “helpers?”

TAGS

- COVID19
- conversation of the week
- conversation starters
- coronavirus
- current events
- family history
- family stories
- pandemic
- resilience

The Family Dinner Project

- Research shows that kids and adults who are more familiar with [family stories](#) are more **resilient**, probably because of the **sense of belonging**.
- Many of us have ancestors who lived through some of the worst moments in history: wars, genocide, economic hardship and even other outbreaks of disease. Their stories can be particularly helpful right now, and could give everyone in the family much-needed perspective on how to get through hard times.
- Maybe remembering Great-Grandma's struggles will be just what you need to get through the COVID-19 pandemic.

The Pandemic's Pet Gains

Survey by Alums' Veterinary Tech Firm Finds Owners Are Feeling the Love

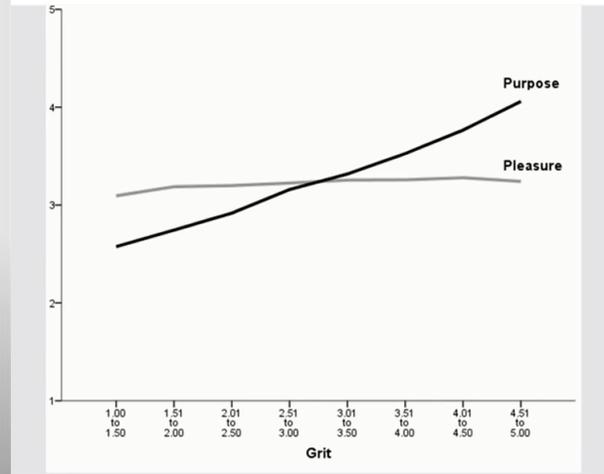
By Dan Novak M.Jour. '20 / May 11, 2020



Ask your
children for
other FUN
ideas...

Purpose

- In choosing what to do, I take into account whether it will benefit other people.
- I have a responsibility to make the world a better place.
- My life has lasting meaning.
- My life serves a higher purpose.
- What I do matters to society.



Bett Keynote: Grit: The Power of Passion and Perseverance

79,493 views • Jul 6, 2016

754 30 SHARE

<https://www.youtube.com/watch?v=smHZNr5qOb0>

by Dr. Angela Duckworth

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Set Realistic Expectation & SMALL SMART Goals?



Practice Gratitude, Think about Positives

- Science has shown that people who practice gratitude are happier and more optimistic -- and [you can easily teach yourself how to do it.](#)
- "I'm grateful for my daughter because she is home with me right now.
- "I'm grateful for my other son who has figured out every possible way of getting food online that there is in the entire county"
- "My son was interested in watching cooking shows instead of doing his school work. I was mad... But I reminded myself "relationship is more important than school work now." He surprised us by making a big meal for the family."

Final Suggestions

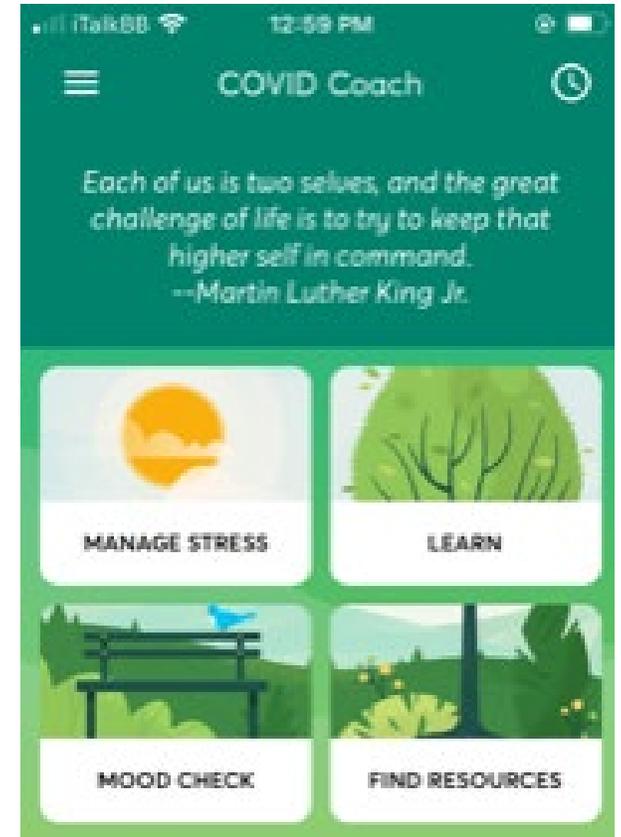
- Patience, tolerance, and reassurance
- Encourage continuation of routines
- Participate in family routines, including chores, supporting younger siblings, and planning strategies to enhance health promotion behaviors
- Encourage discussion of outbreak experience with peers, family (but do not force)
- Stay in touch with friends (virtual play date, lunch bunch)
- Limit media exposure

"And the People Stayed Home" by Kitty O'Meara, a retired Wisconsin teacher.

- And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.
- And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.
- And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.

Resources

- **National Suicide Prevention Lifeline**, call 1-800-273-TALK (8255).
- **Crisis Text line**: text “START” to 741-741.
- <https://www.activeminds.org/about-mental-health/be-there/coronavirus/>
- Sheppard Pratt [Virtual Crisis Walk-In Clinic](https://www.sheppardpratt.org/care-finder/virtual-crisis-walk-in-clinic/)
- <https://www.sheppardpratt.org/care-finder/virtual-crisis-walk-in-clinic/>
- **2-1-1, then press 1** to connect with a helpline representative — 24 hours a day, 7 days a week.
- Maryland Crisis Hotline – 800-422-0009
- Educational Resources at UMD: <https://education.umd.edu/about-college/covid-19-updates-and-resources/keep-educating>



Resources for Parents

- <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/covid-19-resource-center/family-and-educator-resources>
- http://www.bbi.umd.edu/news/news_story.php?id=13031
- <https://www.cnn.com/2020/05/05/health/anxiety-coronavirus-turns-dark-wellness/index.html>
- <https://www.jedfoundation.org/covid-19-and-managing-mental-health/>
- Maryland mental health resources: <https://www.mhamd.org/coronavirus/get-help-now/crisis-resources/>
- <https://sourcesofstrength.org/homebased/>
- <https://childmind.org/article/managing-problem-behavior-at-home/>
- https://www.additudemag.com/webinar/coronavirus-homeschooling-parent-strategies/?utm_source=eletter&utm_medium=email&utm_campaign=webinar_march_2020&utm_content=031620&goal=0_d9446392d6-049aae7e7a-297270053

Helping Parents Navigate the Digital World

- **Setting up iOS 12 Screen Time (on Apple Devices)—New!**
- <https://support.apple.com/en-us/HT208982>
- **Setting up Restrictions (on Apple Devices)**
- <https://support.apple.com/en-us/HT201304>
- **Family Sharing (on Apple Devices)**
- <https://www.apple.com/icloud/family-sharing/>
- **Guided Access (on Apple Devices)**
- <https://support.apple.com/en-us/HT202612>
- **Sampling of 3rd Party Parental Software**
- <https://meetcircle.com> (Circle Go)
- <http://www.k9webprotection.com>
- From Dr. Adam J. Pletter, Psy.D., IPARENT101.COM