

# Coffee with Kirsten

May 22nd, 2020



**But first...**

**Let's toast to  
being  
9 WEEKS DONE.**

**Raise those  
mugs!**



# Elementary Age



- Keep language simple
- Balancing facts about the pandemic with reassurances that adults are doing what they can to help keep them safe.
- If you find yourself giving your child a device more often so that you can attend Zoom meetings for work or tend to other responsibilities or you just need a break for self-care, one option is to make sure the iPad content is high-quality educational content; anything through our Virtual Library.
- Your child may present changes in mood such as increased irritability, sadness, worry, and difficulty controlling emotions. They may be clingier than usual and experience eating and sleeping changes. Their concentration levels may also take a hit.



# Reduce Expectations & Goals

- Your child's ability to concentrate, track, focus, and produce is decreased, as is your own—for good reason!
- Our current scattered brains are actually a tribute to our survival instinct.
- Have compassion for your children and yourself.



# Play

- Play helps bring our brains back online.
- Engaging in play may not seem important, but it actually helps bring us back into a brain state compatible with thinking, organizing and planning.
- That's true for children as well as adults.





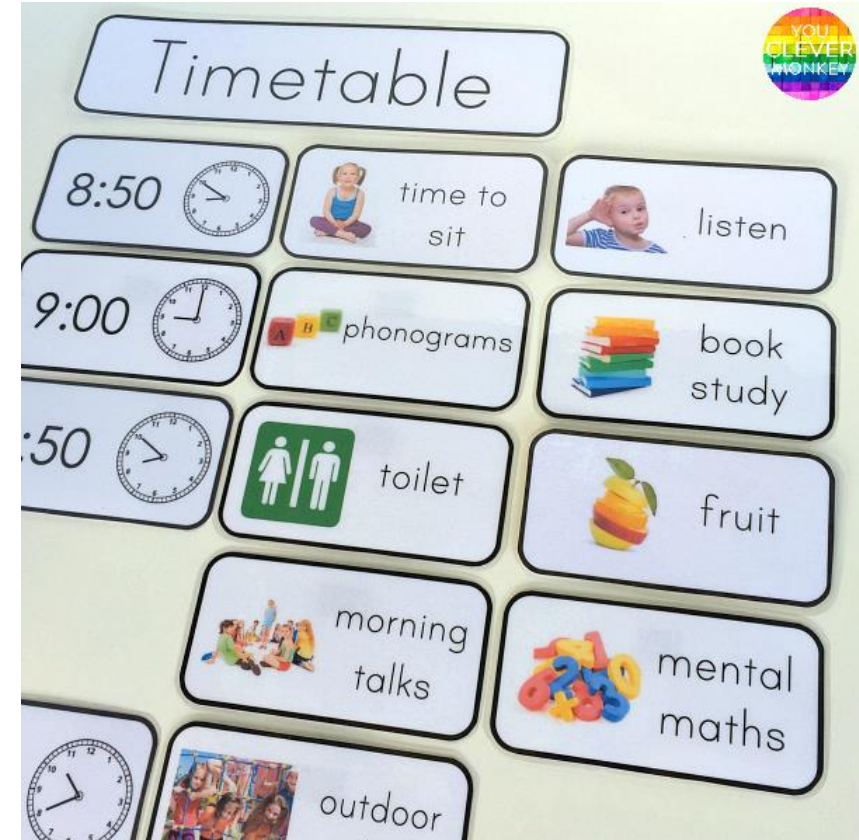
# See and Hear your Child

- Really see and hear your children for the very ones that they are.
- Understand that their little systems are all undone and so the big feelings and challenging behaviors are nothing personal It's just the way they communicate.
- Be honored in the knowledge that they share those things with you because you have been deemed safe enough to be their chosen comforter.



# Daily Routine

- Create some kind of a daily routine.
- Have it be kind of flowing but also with a rhythm that has everyone relaxing into the certainty of the routine.
- Include a big dose of connection with your kids at the start and end of the day as part of this and scatter other purposeful big doses of connection throughout the day.



# Helpful Hints

- Established work space
  - Learning Box
- Visual schedule
- Use of Timer
- Permission to stop work
- Calming Corner
- Virtual Playdates
- “Low and Slow” response
- Community Resources:
  - Wakeman, Parks & Rec, Virtual Sports, Common Sense Media



Steps	Check when done
1.	
2.	
3.	



Example of Visual Checklist	
(When students require more built-in breaks/earned reinforcement for task completion)	
<b><u>I am working for:</u></b> iPad	
1. Watch teacher video	<input type="checkbox"/>
2. Get my math materials	<input type="checkbox"/>
3. Work on [Specific Academic Task] for 15 Minutes:	<input type="checkbox"/>
4. Check Work with Parent Before Free-time Activity:	<input type="checkbox"/>





# Parental Control Options

- Our Pact
- Bark
- Disney Circle
- Qustodio
- Net Nanny
- Family Time
- Screen time (iOS)
- Xbox/Microsoft



# Tik Tok Parental Controls!

- Go to **profile**, then head to **settings**
- Scroll down to **Digital Wellbeing**.
- Select **Restricted Mode**.
- Tap "Turn on Restricted Mode."
- Set and confirm a passcode.



# A Little Reminder...

When you can't control  
what's happening,  
challenge yourself to  
control the way you  
respond to what's  
happening.

That is where your  
power is.



# Any Questions or Comments to share?

## Resources;

A School Psychologist on How to Help Your Kids Cope With the Coronavirus Pandemic  
By Rozalynn S. Frazier, C.P.T.

PARENTING DURING COVID: THE EMOTIONAL IMPACT OF SOCIAL DISTANCING BY  
DR. VANESSA LAPOINTE

