



Welcome to 'Harbucks' Virtual Coffee House

**Helping our Children Cope During
COVID - An Update
Dec. 4, 2020**



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Current Research



- Information from the Experts:
 - Environmental Research and Public Health 8/2020 Brazil
 - *Children of essential workers who were physically distanced from their parents scored higher on anxiety measures.*

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Current Research



- Information from the Experts:
 - NIH Study from China 10/2020
 - *Children and adolescents were reporting higher levels of anxiety, panic, sleep disorders, “smartphone addiction” and even anger and depression.*
 - Two factors assoc. with lower depression: *pre-COVID coping strategies and internet us.*





Research



- Information from the Experts:
 - Lucknow, India 10/2020
 - *2.2 B children world wide*
 - *28% of world pop*
 - *10-19 yo's = 16% world pop*
 - *Locked down or containment since 1/2020*
 - *COVID has impacted children around the world in unprecedented ways.*
 - *World-wide health services needed*



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Advice from the CDC



- **CDC:**
 - **Children in healthy environments versus children in home with preexisting serious issues**
 - **Substance use, family or financial instability**
 - **Higher risk for emotional disturbances**



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Advice from the CDC

- **CDC:**



- The goal is to build resilience and perspective in the face of childhood adversity.
- Identify these risks:
 - Changes in routine
 - Breaks in continuity of learning
 - Missing life events
 - Loss of normalcy and lack of food/financial security



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Advice from the CDC



- **CDC Recommendations:**
 - **Recognize and address fears -Talk about getting sick, if loved ones get sick, be reassuring**
 - **Validate sadness, changes in sleeping habits, concentration**
 - **Talk about things they see adults doing that are different**
 - **Talk about things we do in the community to protect each other**



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Advice from the CDC



- **CDC Recommendations:**
 - **Teach and reinforce every day: handwashing, 6 ft apart, wearing masks**
 - **Keep kids healthy - immunizations, dental visits, drink water, play outside, exercise, reduce screen time.**
 - **Help kids stay socially connected: video chats, limited playdates, writing letters, online games (not video games)**



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Advice from the CDC



- **CDC Recommendations:**
 - **Talk/ask them about nervousness in going to school**
 - **Role play worries to give them strategies**



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Advice from the CDC



- **CDC on Building Resilience:**
 - **Talk in age appropriate ways about COVID**
 - **Answer questions and share fears gently**
 - **Reassure that they are safe**
 - **Let them know it's okay to feel upset**
 - **Share how you deal with your own stress**



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Advice from the CDC



- **CDC on Building Resilience:**
 - **Limit family exposure to social media and news because children will misinterpret what they hear**
 - **Keep adult conversations out of earshot of children**
 - **Keep to regular activities**
 - **Be a role model - take breaks, sleep, exercise, eat well, stay connected with friends/family, play together**



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Advice from the BCH



- **Boston Children's Hospital on Anxiety:**
 - **Signs of Anxiety**
 - **Hiding out in bedroom**
 - **Feel panicky in social settings**
 - **“Folding into themselves”**
 - **COVID is wearing on us all**



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Advice from the BCH



- **Boston Children's Hospital on Anxiety:**
 - Allison Scobie-Carroll, senior dir. of social work and family svcs BCH:
“Why are kids anxious?”
 - *Kids are missing their peers and they need them to feel good and to practice social skills. Over the past 9 months the effects of separation are wearing on them.*



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Advice from the BCH



- **Boston Children's Hospital on Anxiety:**
 - Allison Scobie-Carroll, senior dir. of social work and family svcs BCH:
“Why are kids anxious?”
 - *The way we interact with kids has changed - wearing masks and physical distancing*



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Advice from the BCH



- **Boston Children's Hospital on Anxiety:**
 - **What can we do?**



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Advice from the BCH

- **Listen to them:**
 - **Fears, may not be fact-based or rational, hear their worries because they are valid.**



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Advice from the BCH

- **Teach them coping skills:**
 - **Exercise, turn off screens for at least 1 hr. Before bed. Use Apps like Calm to practice deep breathing**



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Advice from the BCH

- **Schedule safe playdates**
 - **Gives them the opportunity to practice social skills and avoid isolation**



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Advice from the BCH

- **Connect with other parents:**
 - **Provides you with info: online games, share struggles, help to understand what other children are experiencing, shared experiences.**



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Advice from the BCH

- **Know your Child:**



- **You might be seeing panic attacks, night terrors, phobias**
- **Speak to your primary care physician**



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Advice from the BCH



**BCH's Keneisha Sinclair-McBride,
PH.D on Teens:**

- **Worry, Temperament, Personality**
- **Trouble sleeping, crying, behavioral problems, refusal to participate in activities due to fears**



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Advice from the BCH

**BCH's Keneisha Sinclair-McBride,
PH.D on Teens:**



- If worrying is causing struggles at home or school, seek professional attention.
- Therapy and counseling: CBT
- Helps adjust anxious thinking



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Advice from the BCH

**BCH's Keneisha Sinclair-McBride,
PH.D:**



- **How do I approach this with my child?**
 - **Normalize the experience**
 - **Coaches give us skills, so do therapists**
 - **“You haven’t done anything wrong.”**



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Advice from the BCH

**BCH's Keneisha Sinclair-McBride,
PH.D:**



- **How do I get her to open up?**
 - **Explain: worries are normal and these concerns you have are important.**
 - **Stay in close contact so that the issues that come up are self-evident.**



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Advice from the BCH

**BCH's Keneisha Sinclair-McBride,
PH.D:**



- **Other suggestions: Teach positive coping skills -walks, coloring, journaling, imagery, playing outside, sports**
- **Face fears through gentle exposure**
- **Limit reassurance seeking**



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**Helping our Children Cope
During COVID-19
Questions & Discussion**



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Resources

- **NPR Just for Kids:**
<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>
- **BrainPop:**
<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>
- **National Assoc of School Psychologists:**<https://www.nasponline.org/>



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Resources

- National Institute for Children's Health Quality:
<https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>
- Boston Children's Hospital:
<https://www.childrenshospital.org/conditions-and-treatments/conditions/c/coronavirus/parenting-resources#children>



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Resources

- **Boston Children's Hospital Discoveries:**
<https://discoveries.childrenshospital.org/anxiety-children-teens/>
- **PBS Kids:**
<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>



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**THANK YOU
FOR JOINING US!**



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A Meditation



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