



Supporting Our Children's Needs

Chrishane Cunningham MA, LPC, NCC

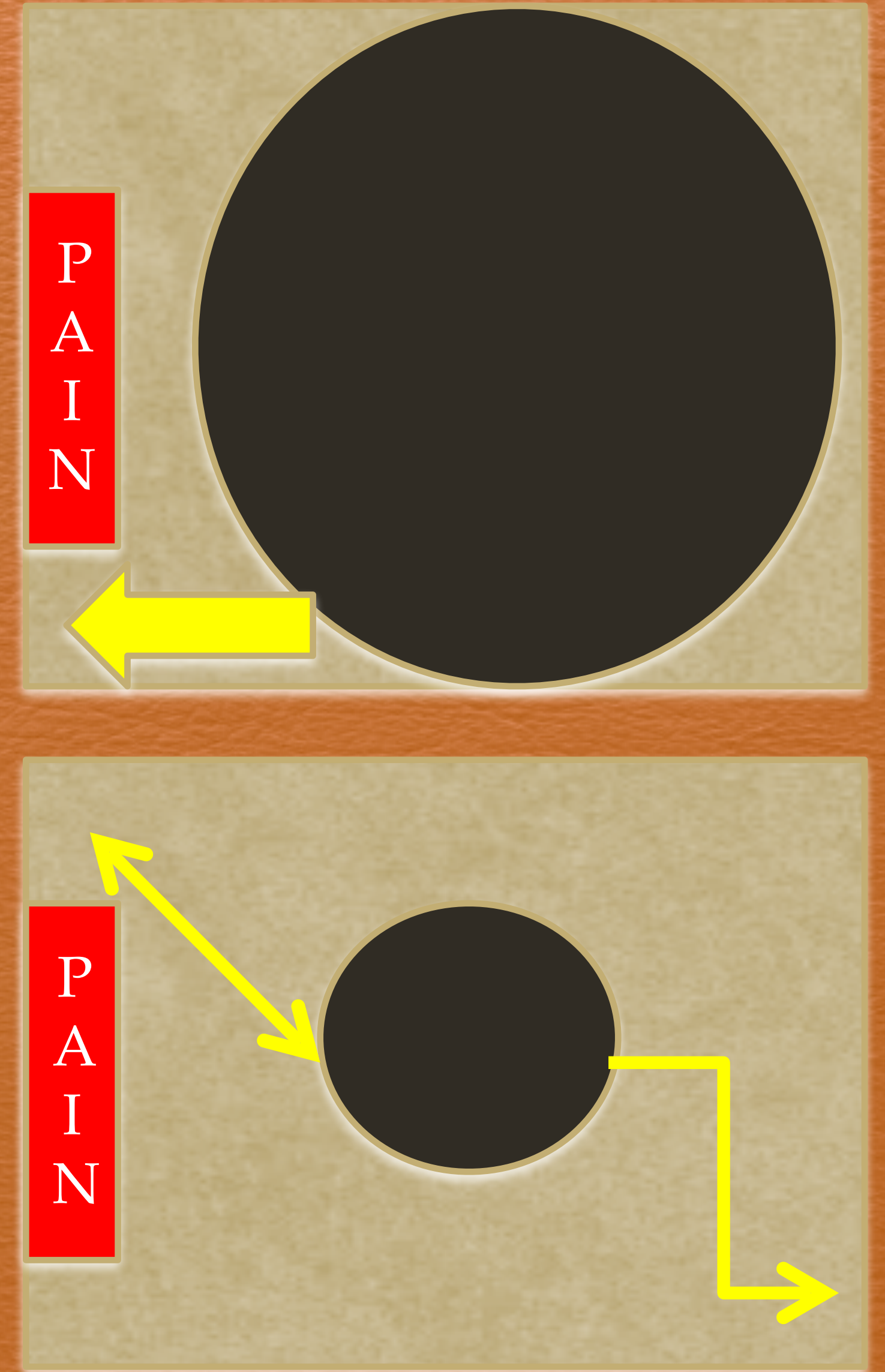
*ChrishaneCMH@gmail.com or
Ccunningham@family-institute.org*

Challenges We are Facing

- COVID-19
- Remote Learning
- Racial Trauma

What Your Child May Be Experiencing

- Complicated Grief
- Anger/Sadness
- Loss of Control
- Invalidation
- Hopelessness
- Relief



Possible Signs of Distress

- Somatic Manifestations: Headaches and Stomachaches
- Sleep Disturbances
- Shifts in Academic Performance
- Negative Self Talk/Speech
- Concentration Difficulties
- Behaviour Changes
- Increased Irritability and Worry
- Changes in Sociability

What Can Caregivers Do to Help

- Family Meetings: Reflection and Planning
- Establish a Designated Work Space
- Establish a Routine
- Renegotiate Screen Time Policies
- Be an Advocate for your Child
- Monitor Personal Energy Levels and Moods
- Remain Curious and Collaborative
- Reward Positive Behaviour and Starve Negative Behaviour

Guardian Self Care and Resilience

Self Care as a Discipline

An important component of self care is the frequent negotiation and reflection of boundaries and responsibilities which is not easy.

What are the ways in which you practice self care?

Self Care as a Mindset

Resilience, Grit, and Growth Mindset

Grit - Passion and perseverance towards a long term goal -

Dr. Angela Duckworth

Growth Mindset – We can improve our current skillset through our own efforts; the idea of “yet” - Dr. Carol Dweck

Community Resources

- The Family Institute
- Youth and Opportunity United
- Erie Family Health Center
- Alliance to End Homelessness in Suburban Cook County
- All Kids
- Child Care Center of Evanston
- Family Focus
- James B. Moran Center for Youth Advocacy
- Legal Assistance Foundation

Thank you for your time!