

WELDON CITY SCHOOLS

AIG & BEHAVIOR SUPPORT

NEWSLETTER

APRIL 2020

SOCIAL SUPPORT

No matter how isolated you or your child may feel during this unprecedented time, you are not alone. Due to COVID-19, the entire world is learning and adapting to a new way of life. Even as we practice physical distancing, we can remain socially active and engaged with those around us, both physically and virtually. Let's explore ways you can help your child establish and maintain healthy social interactions while they are physically distanced from most others.



STUDENTS

- Affirm yourself daily with positive statements.
- Set personal goals and focus on your growth each week.
- Create and follow a daily schedule or checklist of activities/tasks.
- With parental permission and supervision, exercise daily.
- Write in a journal, draw, sing, or dance to express how you feel.
- Maintain contact with your friends through a parent-approved medium (social media platform or phone.)

PARENTS

- Discuss your child's fears, anxieties, or behavioral challenges related to COVID-19 lifestyle changes.
- Watch a fun family movie or program together once a week.
- Take a family nature walk.
- Prepare your favorite meals or desserts together.
- Create a reward system to encourage chore and school work completion.
- Read an inspirational poem or piece of literature together.

ONLINE RESOURCES

- Sanford Harmony (Harmony at Home Toolkit)
- The Children's Learning Institute
- The Child Mind Institute
- Facing History
- Rewards/Token Systems (Thumbsters and Chore, Reward & Sticker Chart)
- Graphic Organizer Creators (Eduplace & Tech4Learning)

**Resources suggested by Branching Minds, Inc.*

ORGANIZED BY:
KRISSEY P. MARTIN, AIG COORDINATOR
LAQUASHA HUDSON, BEHAVIOR SUPPORT SPECIALIST



EMOTIONAL SUPPORT FOR ADOLESCENTS

Oftentimes, adolescents are able to release emotions at school among their peers and/or during sports and extracurricular activities. However, due to the current circumstances, adolescents may find it difficult to be able to manage their emotions because things have swiftly changed due to current circumstances. Here are some tips on assisting your child during this time and in days to come.

TIPS

Before you can effectively assist your child with his/her emotional wellness, you first have to be sure that you have addressed your own well-being. You can do this by **practicing self-care** and engaging in activities that relieve stress like exercising, deep breathing, and listening to soothing music.

Your child may also feel overwhelmed because he/she is responsible for completing work packets without being able to receive help face to face from their teachers. You can assist with this by **practicing healthy goal-setting and time management skills**.

Another way to ensure that you are supporting your child emotionally is to **strengthen communication skills** with your child. Even though things have changed from the way we know it, and it may demand more of your attention and energy, practice taking the time out to actively listen to what your child is saying by showing interest, providing your undivided attention, and even restating what he/she said to you.

In adolescence, sometimes, children have a difficult time communicating how they feel. You can provide your support to your child by helping them **build their emotional vocabulary**.

Focus on prompting your child to voice his/her feelings as well as be able to gauge how they may have made someone else feel.

You can also help your child manage emotions by helping him/her to **adopt self-care techniques and stress management skills**. Consider having your child maintain a bedtime so that he/she can receive adequate rest, Invite your child to exercise with you, find a hobby that he/she is interested in, and even engage in deep breath exercises.

For more info or further support, contact: LaQuasha Y. Hudson--
hudsonl@weldonk12org

Source: Dept. Health & Human Services

ORGANIZED BY:
KRISSEY P. MARTIN, AIG COORDINATOR
LAQUASHA HUDSON, BEHAVIOR SUPPORT SPECIALIST