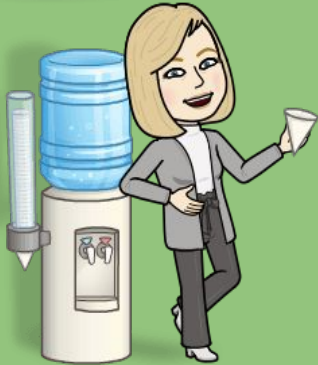


Coping with Covid Parents & Staff

let's
DISCUSS



**Discussion on how to help
your students during
remote learning.**



Acceptance

You don't know what you're doing. No one does. It's first pandemic for all of us.

Feeling exhausted, overwhelmed, angry, inadequate, anxious and/or lonely.

Feeling guilty for yelling at your kids.

The good news is you are not alone. These are universal feelings for parents during a pandemic. So why it may seem like you've lost control, you are a pandemic parent and those feelings are normal.

***'Acceptance...
is a simple recognition
of the truth that this is
the way things are
in this moment.'***

John Kirkwood

LesleyPyne.co.uk



Warning Signs of Stress

Physical signs of stress in children

- Headaches
- Upset stomach
- Chest pain
- Heart palpitations or increased heart rate
- Insomnia
- Nightmares
- Bedwetting
- Decreased appetite, comfort-eating, or bingeing
- Pretending to be sick to avoid activities

Emotional symptoms of stress in children

- Anxiety
- Mood swings
- Restlessness
- Clinginess
- New or recurring fears
- Increased crying, anger, stubbornness, or aggression
- Decreased concentration or motivation
- Emotional overreactions to minor incidents
- Regressing toward comforting behaviors from early childhood (i.e. thumb-sucking, nail-biting, sleeping with a stuffed animal)
- Social isolation, withdrawal, or unwillingness to participate in formerly enjoyed activities

(Source: [BGCA: Is My Child OK?](#))

Kids Need Routine

Kids need to know what to expect each day.

Set a visual school day schedule for when they are virtual.

Limit distractions when they are struggling to pay attention.

Create designated area for school. Let them personalize the area with a photo or drawing and maybe use a special pencil for remote days.

When class is over, remove school related items.

Don't want school to be never ending.

If they attend in person, let them have lunch and down time when they get home before you set up their school area.

Get them outside and moving so they are ready to sit and learn.

Talk to them about what is working and not working and ask how they think the situation could be improved.

One of the best ways a parent can enhance self-esteem in their child is by setting up predictable routines. When a child knows what to expect, they will eventually have the confidence to take the initiative to do things for themselves. Confidence is built when expectations are known.

Role Model

You are going to fall apart. it's okay, model how to recover.

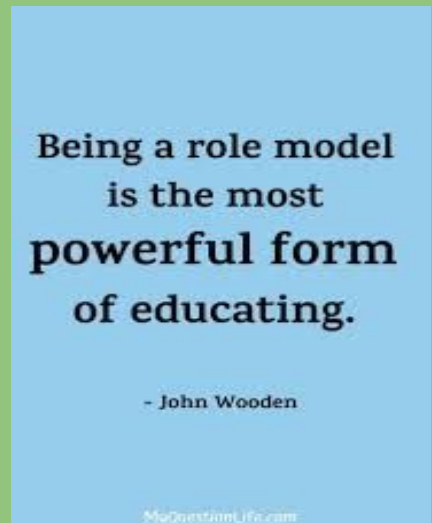
Focus on core values (i.e. PRIDE) and/or your family's values.

Share your experience and how you manage your emotions.

Instill resilience by telling stories about family members overcoming adversity.

Make a video about the pandemic: How things have changed, how your family has been resilient and what you all have learned about yourselves and your family

Model helping others makes you feel better. Drop letters or pictures in a friends mailbox, bake cookies for the fire department, make a video of family stories and send to grandparents.



Respecting Their Need for Socialization

While it is true for all children, this is especially true for middle school age students.

Listen and validate their disappointment without letting them fall into victim mode.



Work together to find some outlets for socialization: Snowman building competition, sledding, riding bikes or hangout in the backyard or a park.

Although instinct is to limit video games, this may be a time for them to socialize.

Create an agreement of expectations for spending time with friends: Outside, masks, at least 6 feet apart.

Sphere of Influence

No Control/Influence:

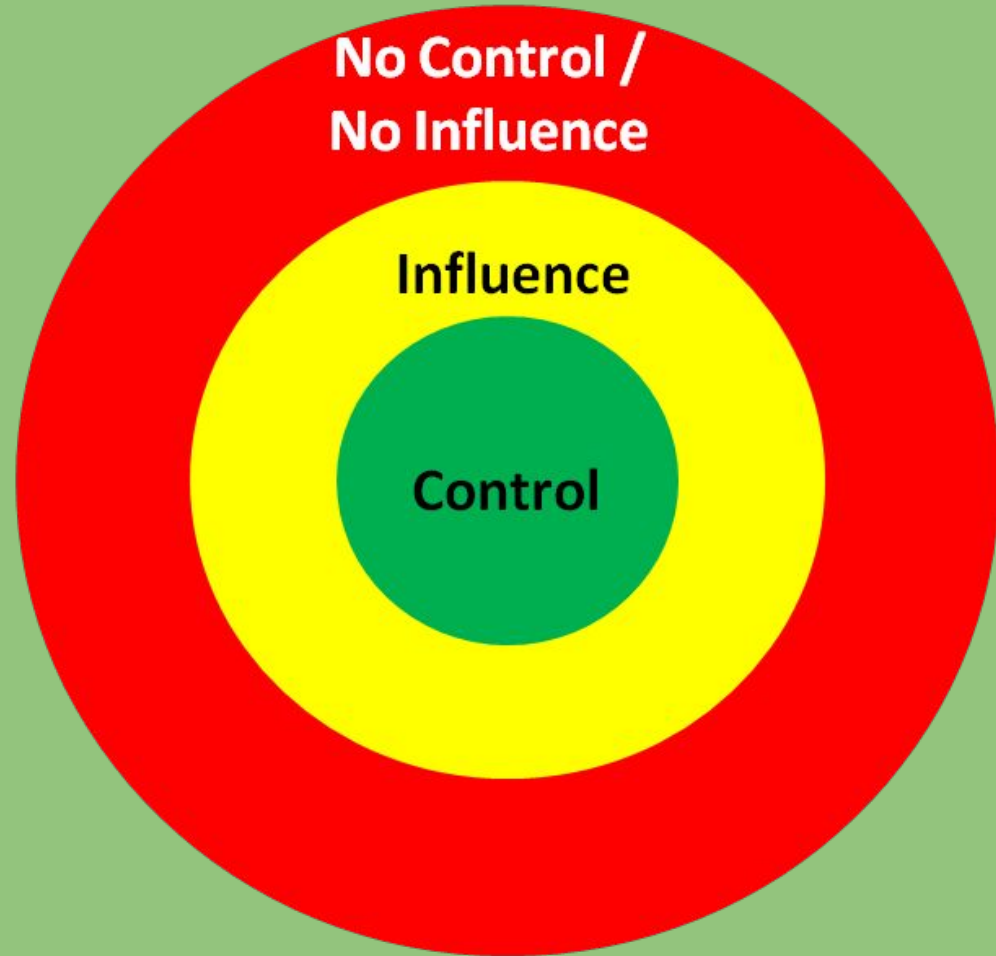
Pandemic, Weather, Other People

Influence:

Attitude, Effort, Managing Feelings

Control:

My Words & My Actions





Resilience

You can't always make them happy, but you can make them strong.

"It takes tremendous strength and resolve to allow your kids to suffer the consequences of their decisions."

Don't wait for your kids to be "happy about" or "wanting" to do their work or get online. Happy and wanting to do something is not a prerequisite to doing what needs to be done.

Children don't learn resilience in college, they learn it now. Let them build this skill. Being uncomfortable is ok, in fact it's a necessary step to growth.

Set clear expectations and consequences for behavior. Consistent follow through is key. By know expectations and consequences, they become in control of the outcome.

Everyone feels like they are falling behind. This is a universal feeling. Some expectations may need to be adjusted. Stay in communication with your child's teacher.

Progress NOT Perfection

You won't be perfect, no one is.

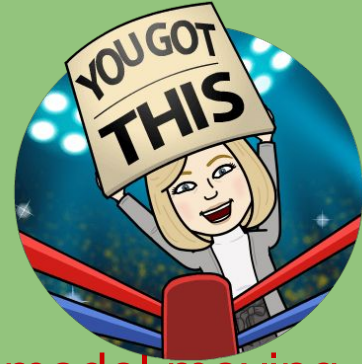
Forgive yourself and move forward.

Forgive your kids for not being perfect too and role model moving on.

Review and Rewind. How could each of you handled the situation differently? Reenact how it could have been handled to reinforce new behavior. Forgive yourselves and agree to try new behavior next time.

Praise new behaviors when you see them. "I noticed you were frustrated and were able to talk about it in a calm voice or took a break or deep breath etc."

Keep Breathing and remember this won't last forever.



Calming Ideas and Apps

[School Counselors' Bitmoji Classroom](#)

Create a Calm Box or a Calming Space

Family Gratitude Journal

Zenimation - Disney Plus

Dreamy Kid Meditation App (Free)

Headspace App (Free)

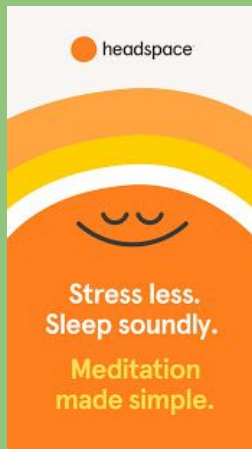
Super Stretch Yoga (Free)

Three Good Things Journal App (Free)

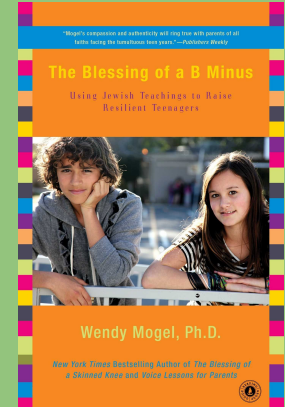
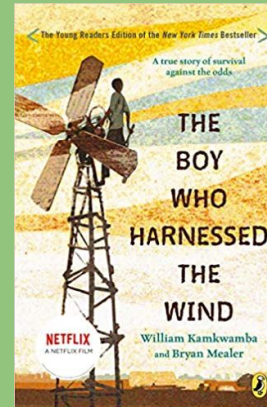
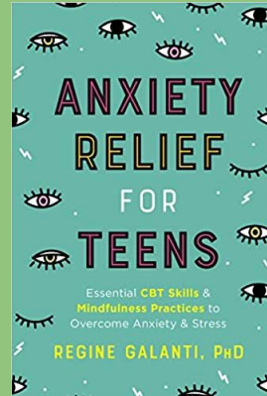
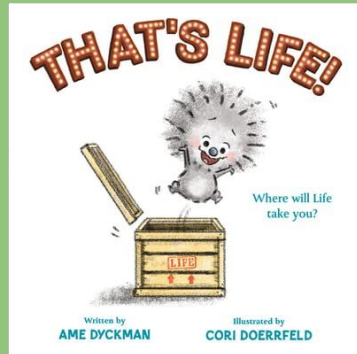
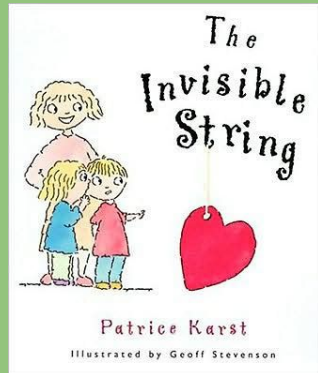
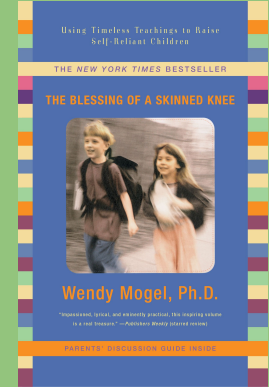
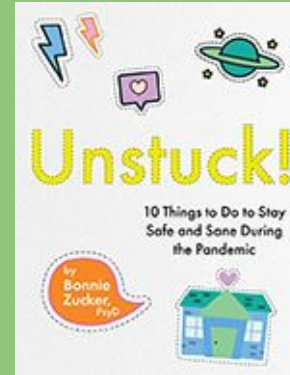
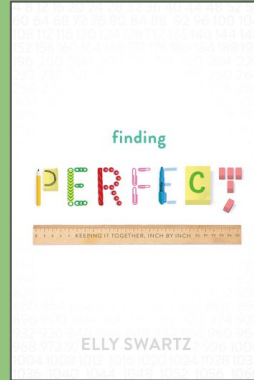
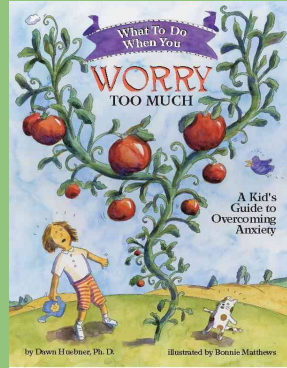
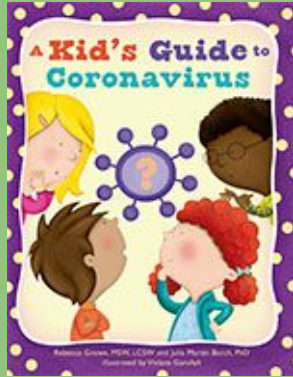
[10 Awesome GIFs for Calm Breathing](#)

[12 Best Calming Activities and Breathing Exercises for Kids](#)

[27 Ridiculously Cool Projects for Kids That Everyone Will Enjoy](#)



Elementary School



Middle School

Parents

Helpful Articles

[Anxiety and Coping with the Coronavirus](#)

[CDC Coping with Stress](#)

[CDC Resource Kit: Adolescence](#)

[Coping Skills for Dealing with the Coronavirus](#)

[Coronavirus Parenting: Managing Anger and Frustration](#)

[Distance Learning not Working? Here are Some Strategies to Try.](#)

[Grades 3-6: Tips for Supporting Learning at Home](#)

[How Mindfulness Can Help During Covid-19](#)

[How to Help Your Kids Handle Disappointment](#)

[Is My Child OK? Warning Signs Kids and Teens are Stressed About Covid-19](#)

[Parent Tips and Tricks for Remote Learning](#)

[Supporting Teenagers and Young Adults During the Coronavirus Crisis](#)



Counseling Resources and Support



JOIN US FOR

After School Chat & Craft

MHA of Essex & Morris is proud to present a free virtual safe space open to anyone within the ages of 7-12. This open group is facilitated by registered Art Therapists.

To register and for more information:
Please reach out to gpalmer@mhaessexmorris.org or call at 973-509-9777 ext. 151

Beginning
December 9th
Every Wednesday

3:30pm-4:15pm

This program is brought to you through the New Jersey Hope and Healing Crisis Counseling Program (CCP). The CCP is provided by Mental Health Association of Essex and Morris, Inc. in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services, Disaster and Terrorism Branch, and is funded through a FEMA/SAMSHA grant.



JOIN US FOR

AFTER SCHOOL CHAT & CRAFT

MHA of Essex & Morris is proud to present a free virtual safe space open to anyone within the ages of 13-18. This open group is facilitated by registered Art Therapists.

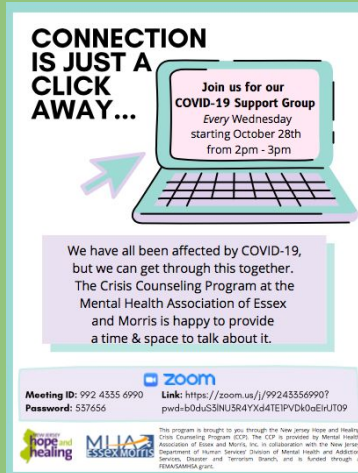
To register and for more information:
Please reach out to gpalmer@mhaessexmorris.org or call at 973-509-9777 ext. 151

Beginning
December 10th
Every Thursday

3:30pm-4:15pm

This program is brought to you through the New Jersey Hope and Healing Crisis Counseling Program (CCP). The CCP is provided by Mental Health Association of Essex and Morris, Inc. in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services, Disaster and Terrorism Branch, and is funded through a FEMA/SAMSHA grant.





CONNECTION IS JUST A CLICK AWAY...

Join us for our
COVID-19 Support Group
Every Wednesday
starting October 28th
from 2pm - 3pm

We have all been affected by COVID-19, but we can get through this together. The Crisis Counseling Program at the Mental Health Association of Essex and Morris is happy to provide a time & space to talk about it.

Meeting ID: 992 4335 6990
Password: 557656

Link: <https://zoom.us/j/99243356990?pwd=b0duS3NlU3R4Ykd4TElPVDk0aEUtOT09>

This program is brought to you through the New Jersey Hope and Healing Crisis Counseling Program (CCP). The CCP is provided by Mental Health Association of Essex and Morris, Inc. in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services, Disaster and Terrorism Branch, and is funded through a FEMA/SAMSHA grant.



Do you feel your child has been affected by COVID-19?

Free Services for children

Contact the Crisis Counseling Program at Mental Health Association of Essex and Morris, Inc. We offer free remote services for all ages.

973-509-9777 ext. 151 or email gpalmer@mhaessexmorris.org

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COVID-19 CRISIS COUNSELING SERVICES

WHO WE ARE & WHAT WE DO:

NJ Hope and Healing Crisis Counseling Program (CCP) at Mental Health Association of Essex and Morris, Inc. is available to assist communities effected by COVID-19.

We are a neighbor helping neighbor team with staff available to provide the following free services:

- Emotional support
- Stress management
- Linkage to resources
- Develop new coping skills and communication techniques

REACH US AT:
973-509-9777 ext. 151 or email gpalmer@mhaessexmorris.org
Mon - Fri. from 8:30 a.m. - 5:00 p.m.

This program is brought to you through the New Jersey Hope and Healing Crisis Counseling Program (CCP). The CCP is provided by Mental Health Association of Essex and Morris, Inc. in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services, Disaster and Terrorism Branch, and is funded through a FEMA/SAMSHA grant.

Mental Health Directory & Resources Guide

Morris Psychological Group <https://morrispsych.com/>

Tri-County Behavioral Health <https://tcbllc.org/>

Florham Park Counseling www.florhamparkcounseling.com

St. Clare's Health

<https://www.saintclares.com/Our-Locations/Behavioral-Health-Services/Central-Evaluation-and-Referral-Services-CER-.aspx>

Directory of Morris County Mental Health Services

<https://oem.morriscountynj.gov/directory-mental-health/>

Here2Help Mental Health Coalition of NJ Directory of Mental Health Organizations

<https://www.here2helpnj.org/organizations.html>

<https://www.njmentalhealthcares.org/about-us/>

Ms. Minieri & Mrs. Hall Contact Information

Ms. Minieri (Grades: K-2)

973-983-6540 X4413

dminieri@denville.org

Mrs. Hall (Grades: 3-5)

973-983-6540 X4412

mhall@denville.org

[School Counselors' Twitter](#)

[School Counselors' Website](#)

[Bitmoji Classroom](#)

