

Welcome!



Bienvenido!

Frameworks of Tampa Bay

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Parenting during COVID-19: Finding a New Normal



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Our Services



School & District
Consultation



Professional
Development



Teacher Coaching &
Mentor Support



Parent &
Community Engagement



Data & Evaluation

How are you feeling about this school year?



Goals of this Parent Engagement Session

- Recalibrate our own stress management skills as adults
- Discover purposeful strategies for using this time as an opportunity to tend to our children's social and emotional development
- Gain tips and tools for our families

Emotional Intelligence (EQ)

- Skills are not linear
- Skill development varies across individuals and stages
- Important to be intentional



Collaborative for Academic, Social, and Emotional Learning (CASEL)

Collaborative for Academic, Social, and Emotional Learning

Building Blocks for Learning



Turnaround for Children

Building Blocks for Learning

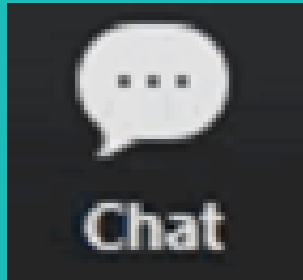


Turnaround for Children

“...Place the oxygen mask on yourself first before helping small children or others who may need your assistance.”



Strategy Share



What is one strategy you already use to calm down when you're feeling stressed?

Healthy Coping Strategies

Practice mindfulness breathing every day (not just during difficult moments).

Count to 10 before responding.

Take a quick walk.

Tense your shoulders, then release. Repeat with arms, belly, legs, and feet.

Have a go-to positive phrase, such as “I can handle this.”

Think of or watch something that makes you laugh.

Incorporate aromatherapy.

Name and welcome the uncomfortable emotion.

Eliminate Unhealthy Coping Strategies



Practice Self-Care



Set Self-Care Goals

Physical Self-Care

- ___ Eat regular meals (i.e., breakfast, lunch, and dinner)
- ___ Eat healthy
- ___ Exercise regularly
- ___ Get regular, preventive medical care
- ___ Get medical care when needed
- ___ Take time off when needed
- ___ Engage in a fun physical activity (e.g., dance, swim, walk, run, etc.)
- ___ Get enough sleep every night
- ___ Wear clothes you like
- ___ Take day trips or vacations
- ___ Make time away from phones and screens
- ___ Other: _____

Set Self-Care Goals

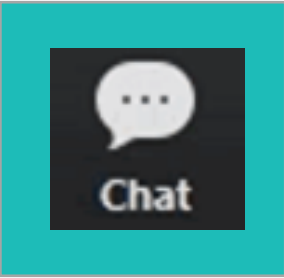
Emotional/Psychological Self-Care

- ___ Make time for self-reflection
- ___ Write in a journal
- ___ Meditate/practice mindfulness
- ___ Read literature that is unrelated to work
- ___ See a therapist
- ___ Engage your intelligence in a new area (e.g. go to a museum, sports event, theater performance, etc.)
- ___ Do something at which you are not expert or in charge
- ___ Let others know different aspects of you
- ___ Practice receiving compliments from others
- ___ Say “no” to extra responsibilities
- ___ Other: _____

self-care

ISN'T

selfish

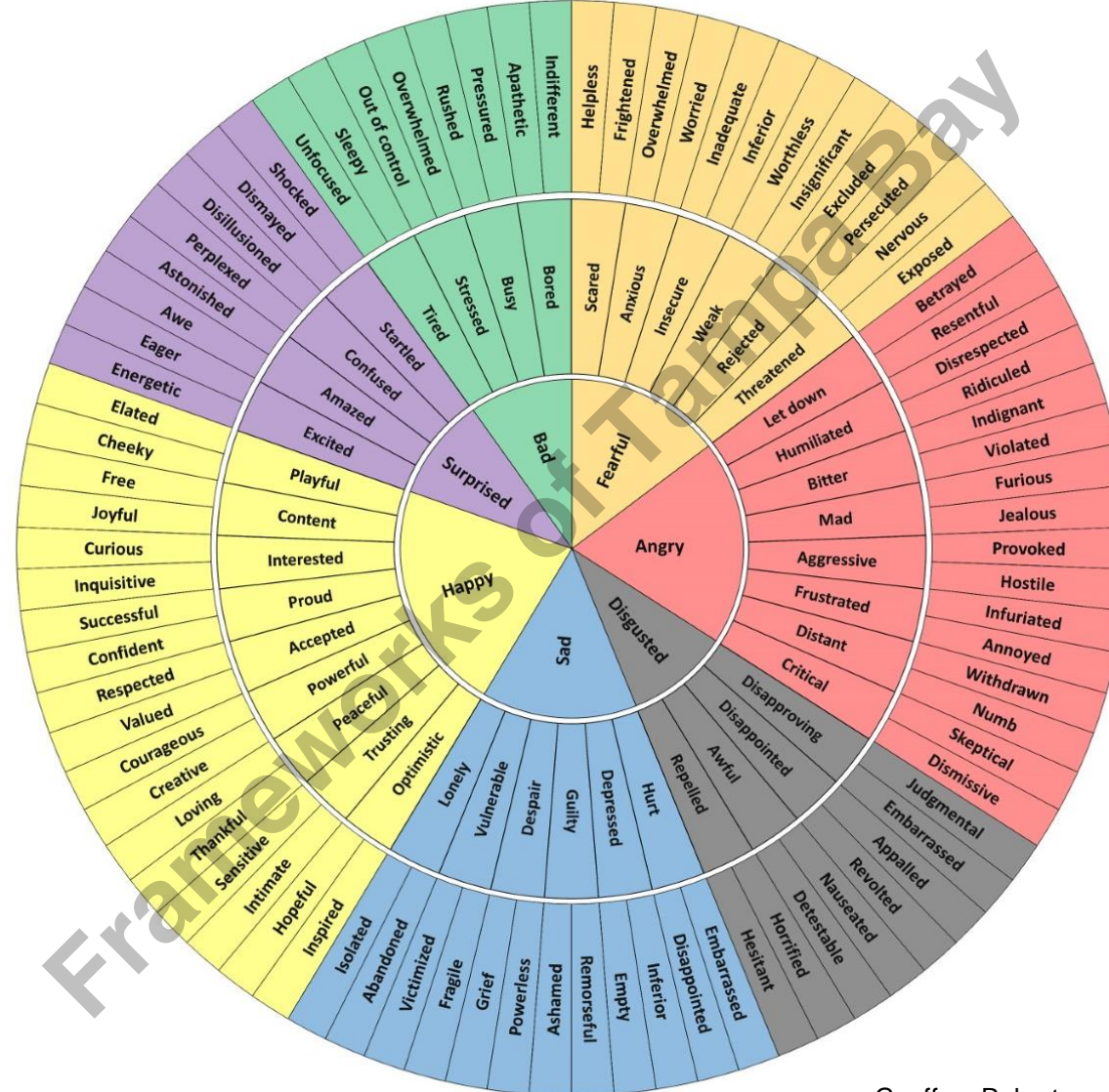


Talk About Emotions

- Normalize all emotions
- Emotions are different from behaviors
- Emotions can be mixed
- Emotions vary in intensity
- Emotions lessen over time

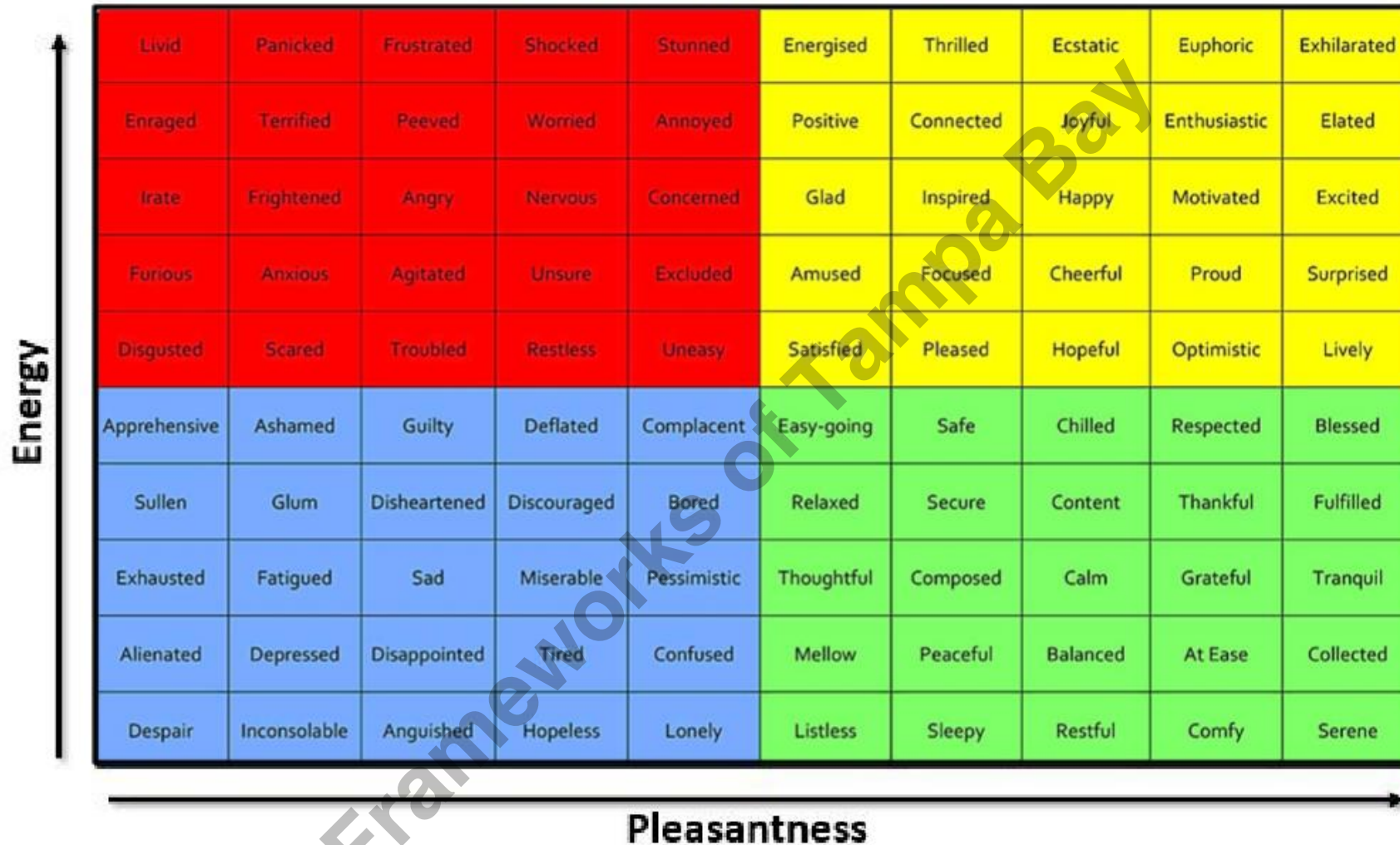


Emotional Vocabulary Wheel



Geoffrey Roberts

Mood Meter



<https://www.vasseps.wa.edu.au/>
Yale Center for Emotional Intelligence

Talking with Your Child About COVID-19

- Check your own anxiety first
- Be honest and stick to the facts
- Keep it age-appropriate
- Reassure them
- Ask what questions they have
- Ask how they are feeling – talk, draw, or write
- Acknowledge and validate their feelings
- Example language: *“I can understand why you would feel worried. That’s very normal. The idea of getting sick is scary. I am here to listen any time you want to talk about it, and we will keep doing what we need to do to stay safe.”*
- Monitor your own information intake

Monitoring Your Child's Wellness

- Signs to watch for:
 - Stomachaches
 - Headaches
 - Irritability
 - Change in sleep patterns
 - Clinginess
 - Distancing

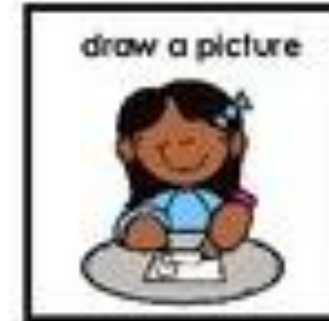
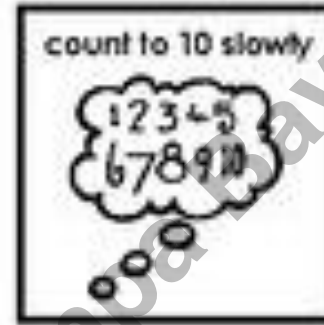


Harvard.edu

Model and Practice Calming Strategies

Examples:

- Sing
- Watch something funny
- Take a hot bath
- Repeat a positive mantra
- Crinkle some paper
- Go to your calm-down space



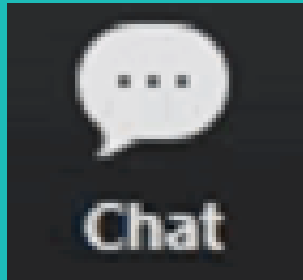
TeachersPayTeachers – Daily Differentiation

Identify a Calming Space

- Identify *before* there is an issue
- Include drawing and writing materials
- Post calming strategies
- NOT time-out... their choice to go



Life Lessons



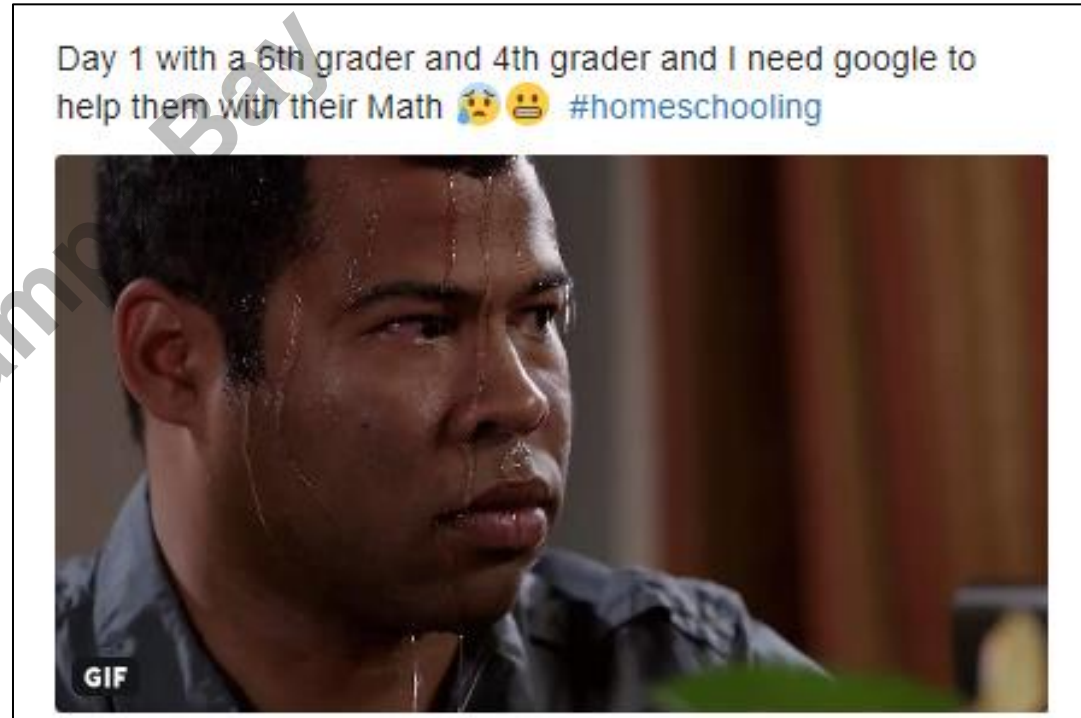
What life lessons might our children learn during this time?

Create a Schedule

- Stability and structure are comforting
- Co-create and post a schedule
- Plan for revisions
- Use a timer
- Have designated workspaces – keep materials there

Elements of a Schedule

- Morning routines – get outside
- Academics
- Brain breaks
- Movement/fitness
- Creativity
- Connection with friends and family
- Service to others
- Emotions check-in and goal-setting; highs and lows
- Family duties/chores
- Nap time/quiet time and ample sleep



Sample Schedule

Before 9:00 AM	Wake up!	Make your bed, eat breakfast, brush teeth, get dressed
9:00-10:00	Outdoor Time	Family walk or outdoor play
10:00-11:00	Academic Time	No Electronics! Reading, homework, study, puzzles, journal
11:00-12:00	Creative Time	Creative play, drawing, Legos, crafts, music, cooking, baking
12:00-12:30	LUNCH	
12:30-1:00	Home Chores	Clean rooms, put away toys, take out garbage, pet care
1:00-2:30	Quiet Time	Reading, nap, puzzles, yoga
2:30-4:00	Academic Time	Electronics OK! Educational games, online activities, virtual museum tours
4:00-5:00	Outdoor time	Family walk or outdoor play
5:00-6:00	Dinner time	Family dinner, help with clean-up and dishes
6:00-7:00	Bath time	Bath or shower
7:00-8:00	Reading/TV time	Relaxing before bedtime
9:00 PM	Bedtime	Put on PJs, brush teeth, clothes in laundry


Hoffman-Boston Elementary



















Sample Schedule


Time	Activities
Before 9:00	Wake Up, Get Dressed, Make Your Bed, Eat Breakfast, clean Up Breakfast
9:00-10:00	Take Remi for a Walk
10:00-12:00	Academic Time, NO Electronics unless being used for school work
12:00-1:00	Lunch, Clean Up Lunch
1:00-2:00	Chores
2:00-2:30	Outside Time, Remi Walk
2:30-3:00	Electronics Time, Free Time
3:00-4:00	Academic Time, Quiet Time
4:00-5:30	Free Time, No Electronics
5:30-7:00	Dinner, Clean Up Dinner, Clean Up House
	Family Time

Wtmj.com

Make it Fun

 **Learning From Home** ♡ **APrendiendo en casa**

<p>Learn with Music Aprende con musica</p> <p>Jack Hartmann's Super Fun Learning Songs.</p> <p>www.youtube.com/JackHartmann</p>	<p>Build a tower with playing cards Construye una torre con cartas</p> 	<p>Have Fun coding Divertete codificando</p>  <p>www.scratch.mit.edu</p>	<p>Make a map of your neighborhood Haz un mapa de tu vecindario</p> 	<p>Have a dance party Hagan una fiesta de baile</p>  <p>www.youtube.com/KidzBopKids</p>
<p>Create your own board game Crea un juego de mesa</p> 	<p>Take a virtual field trip Ve a un viaje virtual</p>  <p>www.artandculture.moodle.com</p>	<p>Create a vision board Crea un tablero de vision</p> 	<p>Build a Fort Construye un Fuerte</p> 	<p>Exercise and learn Haz ejercicio y aprende</p> <p>FLUENCY & FITNESS</p> <p>www.fluencyandfitness.com</p>
<p>Go out for a jog or walk Sal a correr o caminar</p> 	<p>Play a learning game Juega un juego de aprendizaje</p>  <p>www.pbskids.org</p>	<p>Read a book and write a letter to one of the characters Lee un libro y escribe una carta a uno de los personajes</p> 	<p>Learn something new Aprende algo nuevo</p>  <p>www.scholastic.com/learnathome</p>	<p>Create a new recipe Crea una receta nueva</p> 
<p>Write a letter to your teacher Escríbete una carta a tu maestro/a</p> 	<p>Learn something new Aprende algo nuevo</p>  <p>www.kids.nationalgeographic.com</p>	<p>Help fold the laundry Ayuda a doblar la ropa</p> 	<p>Play a learning game Juega un juego de aprendizaje</p>  <p>www.prodigygame.com</p>	<p>Read a book and design a new book cover Lee un libro y diseña una portada nueva</p> 

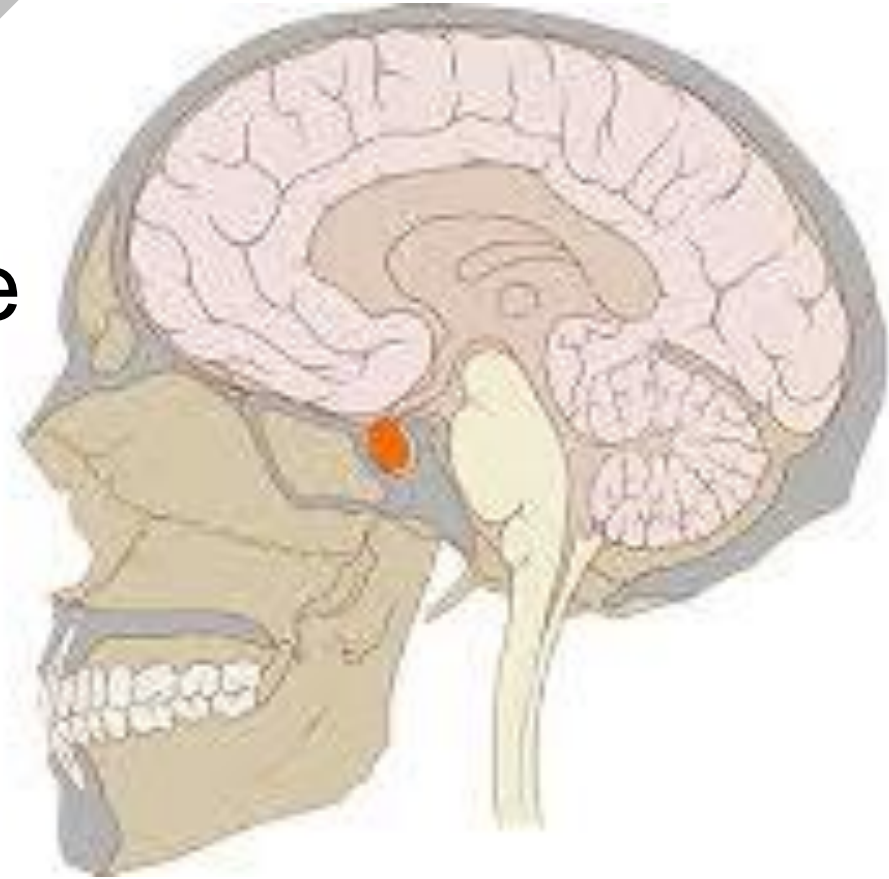
 Visit our website for more activities and ideas
Visite nuestro sitio para más actividades e ideas
www.arfoundation.org/coronavirus-resources

PARENTS: FIND HELP WITH FOOD, HEALTH, HOUSING AND MORE 24/7
PADRES: PARA AYUDA CON ALIMENTOS, SALUD, VIVIENDA Y MÁS 24/7
llam/marque 2-1-1, or/o 877-541-7905
or visit/o visite www.211texas.org

<https://www.arfoundation.org/>

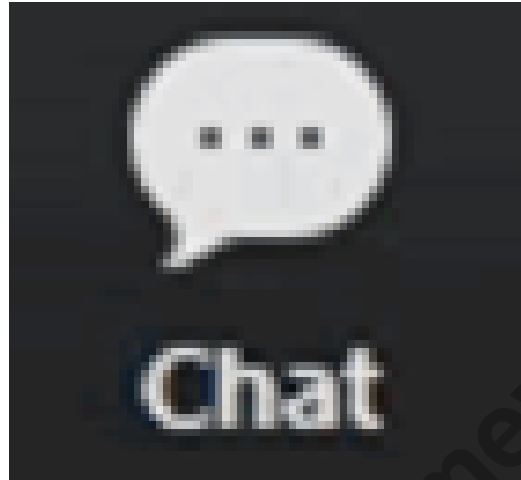
Boost Your Oxytocin

- Oxytocin = love and bonding hormone
- Cuddle, hug, give shoulder rubs
- Say “I love you”
- Notice the positive and offer praise



Brainfacts.org

What's one strategy you are going to try at home?



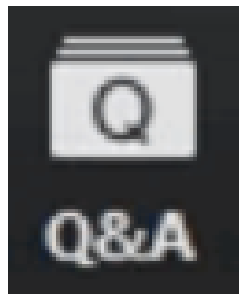
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Q & A

Frameworks of Tampa Bay





INTRODUCING OUR NEW WEBSITE!

SEE IT NOW



Thank You!

Kaitlin Kizer

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myframeworks.org