

COVID-19 Parent Resource

This resource provides possible skills, techniques, and tips to help parents during this school year and COVID-19. The methods and skills are adjustable to meet your children, youth and family needs.

Skills and Techniques

Routine and Schedule

To decrease stress and provide structure. It also provides help when transitioning from various activities. A schedule can also be adjusted to fit your family and from day to day if needed.

1. Put the schedule in a visible place for everyone to see it.
 - a. Type of Schedule: planner, poster, fridge magnets, calendar
2. Things to include: homework, screen time, favorite activities, lunch, recess, free time, etc.

Healthy Coping Skills

Due to COVID-19 many are experiencing extreme stress including children, youth, parents, teachers, and administrators. Teaching healthy coping skills will help your family to manage the stress.

1. Make learning fun
2. Break-down problems into smaller portions by creating steps.
3. Take Breaks: Wiggle time, recess, snack, time outside.
4. Environment: Change spaces when changing activities
5. Calming Skills: Meditation, breathing, counting, etc.

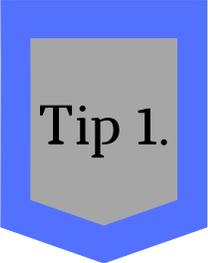
Set and Keep Rules

Setting rules provide a clear structure and expectation for behavior.

1. Set rewards for appropriate behaviors and consequences for disruptive or inappropriate behaviors.
2. Set rewards that your child or youth can achieve 75% of the time.

COVID-19 Tips for Parents

Don't forget that you as a parent are also going through a stressful time. It is okay to feel frustrated and disappointed of the current situation. Remember that some of the activities can benefit you as well in managing stress and helping your children.



Tip 1.

Structure: set a routine or schedule for yourself.

Consistency: Stay consistent with your system of routines and schedule with household boundaries.



Tip 2.



Tip 3.

Self-Care for YOURSELF: Sleep, Nutrition, Exercise, and Social Connection.

Add and Adjust techniques and skills to meet your child, youth and family's needs. a subheading.



Tip 4.



Tip 5.

Learn alongside your student. You are learning through this experience as well. Give your self credit that you are doing your best.