

Supporting my child during the pandemic

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Where have we been?

The last two school years have been a whirlwind of transition and coping for our students and their families.

We transitioned to a new level of education in our world and recognized that we were all within uncharted waters.

What did we know?

We knew that students would still thrive on whatever consistency we could provide.

We knew that students needs support and still needed to progress through their education.

We did the best that we could during those times!

Where are we now?

We recognize now that we have become adaptable to change, more so than we ever might have imagined.

We realize that there were some benefits from this experience and use that information to move forward.

We recognize that there may be areas we need to work on since the last two years were so variable.

We know that interactions look different (masks) which prevents a dimension of socialization.

What does our family need?

Identify what area(s) of impact are relevant to your family and child(ren)

- Financial
- Emotional - anxiety, grief
- Social - lack of access
- Academics - for your child

Supporting your child - Academics

Create structure and routine for AM/PM

Ask about their day using using specific questions

Increase self-advocacy skills

Check Genesis, Schoology & emails often

Frequently check in with your student on school

Supporting your child - Emotionally

Assist your child in developing short-term, personal goals

Provide emotional support and praise

Observe your child's ability to self-regulate their emotions

Listen to your child when they are willing to speak

Encourage your child to communicate about his/her feelings

Modeling coping strategies is very important as our kids are watching

Conduct frequent check ins with your child for emotionality

Supporting your child - Socially

Encourage social activities (at your comfort level)

Play organized, interactive games

Stay connected as best as possible

October is our Month of Awareness

Respect, Acceptance, Inclusivity, Anti-Racism, and Kindness

How do we help our children navigate trauma?

We recognize it

Determine how it impacts your child

Request assistance if needed

Who can I speak to if my child needs help?

Teacher

Case manager

Social Worker

School Psychologist

LDTC

Resources

<https://www.cdc.gov/mentalhealth/stress-coping/parental-resources/index.html>

https://www.aacap.org/AACAP/Families_and_Youth/Resource_Libraries/covid-19/resources_helping_kids_parents_cope.aspx

<https://www.ffcmh.org/covid-19-resources-for-parents>

<https://childmind.org/topics/covid-kids-mental-health-challenges/>

<https://www.nj.gov/njparentlink/current/covid-19.html>