

WE GOT THIS!



“Raising Children Leads to Some
Pretty Unexpected Things”





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THE NEW YORK TIMES TOP TEN BESTSELLER
JENNIFER SENIOR

ALL JOY
AND
NO FUN

THE PARADOX OF
MODERN PARENTHOOD

"If you're a parent in the year 2014, you have to get your hands
on a copy of this book"

—
Curtis Sittenfeld, bestselling author of *American Wife*

THE IMPACT OF COVID-19 &
SCHOOL CLOSURES



RESILIENCE

MANAGING EMOTIONS

COPING STRATEGIES

GROWTH MINDSET



THE IMPACT OF COVID-19 & SCHOOL CLOSURES



HOW CHRONIC
STRESS
AFFECTS YOUR
BRAIN



STRESS & YOUR CHILD'S BRAIN



DEVELOPING BRAINS

Are Vulnerable
Fight or Flight



LEARNING CENTERS

Can be compromised



FACTORS THAT INCREASE THE STRESSFUL IMPACT OF COVID-19



PREDICTABILITY



CONSEQUENCES



DURATION

BEHAVIOR IS A CHILD'S LANGUAGE



Changes in school performance,
interest, motivation

Changes in sleeping/eating habits

Frequent outbursts of anger

Excessive complaints of
physical ailments

Excessive worrying or anxiety

Persistent disobedience or
aggressive behavior

Frequent temper tantrums

ANXIETY IN KIDS CAN LOOK LIKE



Many Worries/Fears & Stress

Anger/Irritability

Defiance/Avoidance

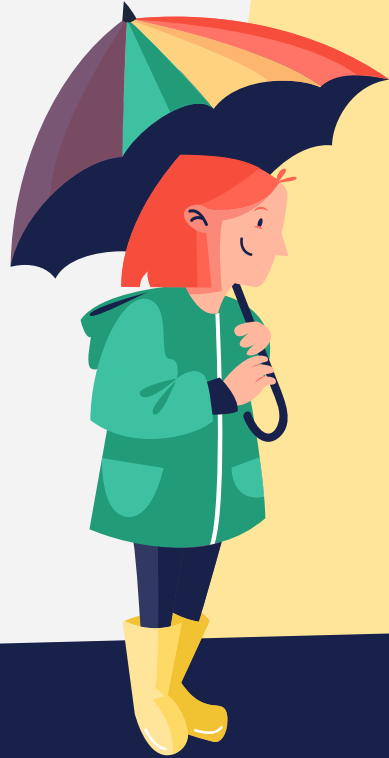
Lack of Motivation

Clinginess

Sleep Difficulties

Sadness

Perfectionism



SOME GOOD NEWS



YOU DON'T HAVE TO BE AN EXPERT

01

Resilience

02

Managing Emotions

03

Coping Skills

04

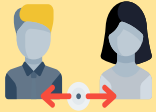
Growth Mindset



01 RESILIENCE

The **capacity** to **recover** quickly from difficulties

- Research demonstrates that an essential protective factor in resilience in children is the reliable presence of a **positive, caring, and protective adult**.



Encourage them to talk about their experiences



Provide reassurance that the adults in their life are working to keep them safe





WHEN CHILDREN EXPERIENCE FAILURE OR
DISAPPOINTMENT, IT'S IMPORTANT TO PRAISE
THEIR EFFORT AND ENCOURAGE THEM.



TIPS TO BUILD EMOTIONAL RESILIENCE IN KIDS



02 MANAGING EMOTIONS

Name it to Tame It! -Dr. Dan Siegel

Flipping Your Lid














What do you feel? “I am
angry”

Younger: “You are angry”

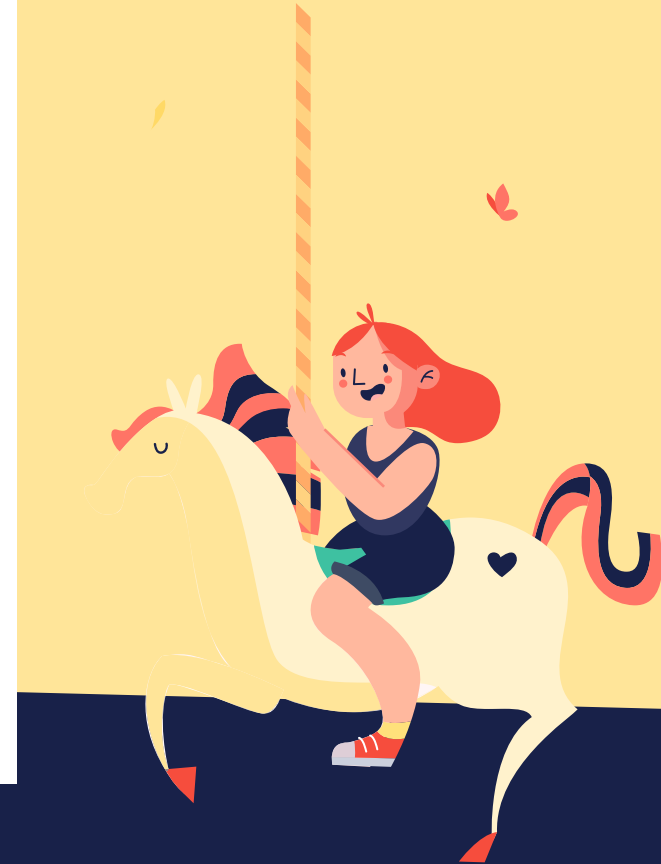
What does it feel like in your body? “I feel a knot in my
stomach”



What Zone am I in?

Blue	Green	Yellow	Red
 	 	 	 
 	 	 	 
Sad Sick Tired Bored Moving Slowly	Happy Calm Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Some Loss of Control	Mad/Angry Terrified Yelling/Hitting Elated Out of Control

EMOTIONS CHART



03 COPING SKILLS



PLAY-DOH PROBLEMS

ROCK PROBLEMS

- Nervous about a test
- Getting in trouble for not doing your chores

- Divorce
- Loss of a pet



COPING MENU

COPING MEANS DEALING WITH A PROBLEM IN A SAFE, HEALTHY, AND RESPECTFUL WAY.



Appetizers:

- Take 15 deep breaths
- Imagine your relaxing place
- Listen to music
- Draw or color
- Read



Main Courses:

- Talk to an adult or friend about it
- Exercise: ride a bike, take a walk
- Build or make something
- Write it down, crumble it up, throw it away
- Play a game
- Play 54321 game (Name 5 things you can see right now, 4 things you can feel right now, 3 things you can hear right now, 2 things you can smell right now, and 1 good thing about yourself)
- Stare at a picture and make up a story about it
- Take a nap
- Take a warm bath or shower



Dessert:

- Make silly faces in the mirror w/ someone to see who laughs 1st
- Imagine favorite day, memory, or vacation
- Dance
- Cuddle with a pet



I would like to custom order: _____



Your "Chef" will allow waste to
be fast and custom order.

COPING MENU



04 GROWTH MINDSET



"I'm not good at it YET!"



GROWTH MINDSET CHART

FIXED Mindset

GROWTH Mindset



Discover the Power of "YET!"

- I can't do it.
- I'm not good at this.
- It's good enough.
- It's too hard.
- I don't know how.
- I give up.



- I'm still learning!
- What can I learn to get better at this?
- Is this the best I can do?
- With more practice, it will get easier.
- I can learn how!
- I'll try a different way!

RESOURCES

ETIWANDA WELLNESS ASSISTANCE

care solace
Changing the Odds of Mental Health Care

OUR PURPOSE

Care Solace connects communities to reliable, ethical and high-quality mental healthcare services. Care Solace makes it easier for Etowanda families to connect with mental healthcare resources and providers in their communities.

CONTACT CARE SOLACE

PHONE:
1 (888) 615-0595

EMAIL:
weserve@caresolace.org

WEBSITE:
caresolace.com/etowanda/families

24/7 CARE CONCIERGE TEAM

CARE CONCIERGE TEAM

The Care Concierge Team is available 24/7. This team of experts will guide and support our Etowanda families throughout the entire process.

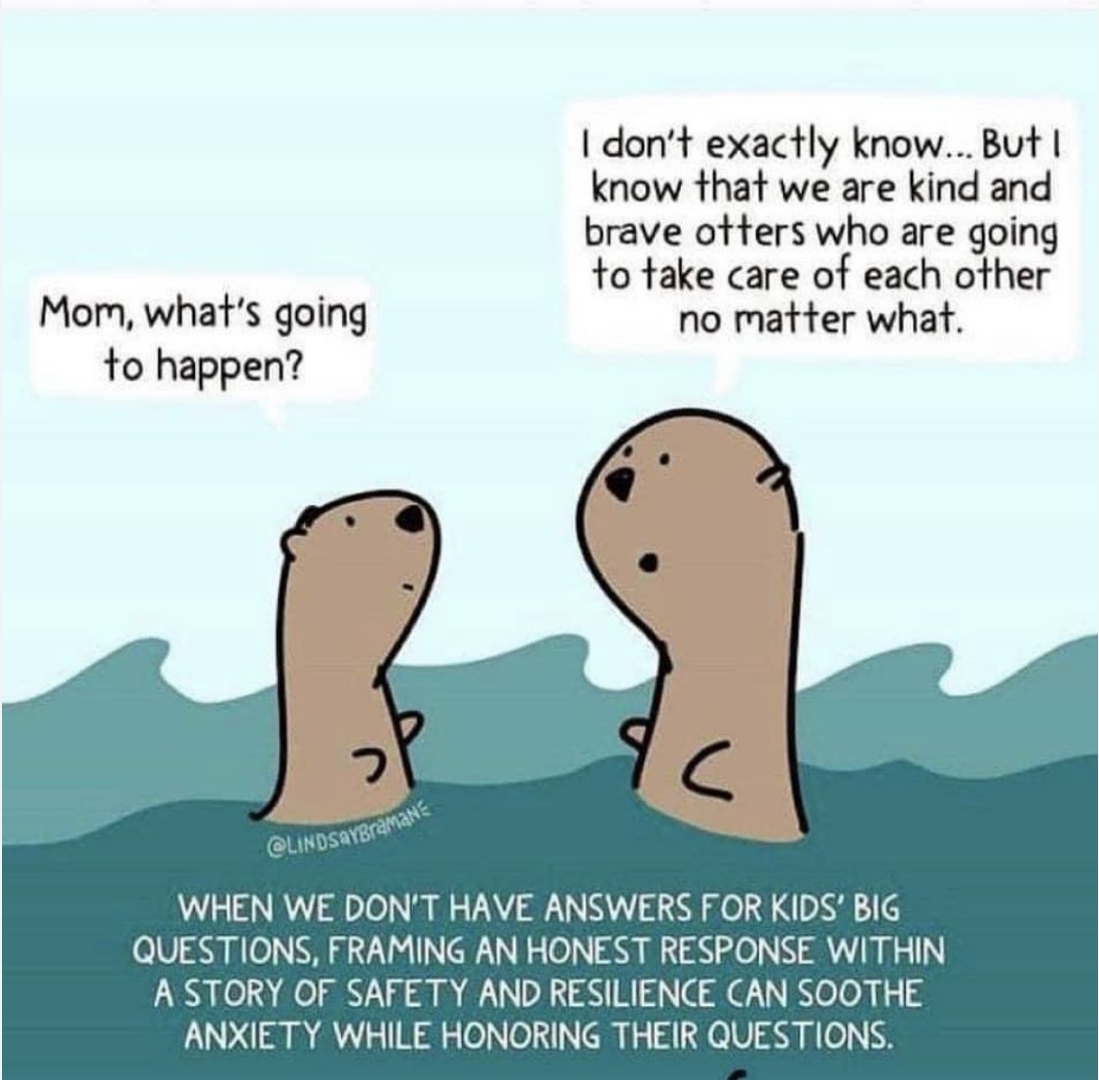
- Access to vetted mental health providers
- Assist in discovering virtual therapy options
- Assess provider availability
- Reduce wait times into care
- Navigate insurance or no insurance
- Schedule appointment(s)

C.A.R.E.S.
COUNSELING
SERVICES

California Parent & Youth Helpline
Resources / Referrals / Support
for parents and youth

CALL OR TEXT
(1-855-4A PARENT)
EVERYDAY 8AM - 8PM





Mom, what's going to happen?

I don't exactly know... But I know that we are kind and brave otters who are going to take care of each other no matter what.

@LINDSAYBRAMANKE

WHEN WE DON'T HAVE ANSWERS FOR KIDS' BIG QUESTIONS, FRAMING AN HONEST RESPONSE WITHIN A STORY OF SAFETY AND RESILIENCE CAN SOOTHE ANXIETY WHILE HONORING THEIR QUESTIONS.



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