Navigating Resources During School Closure
April 2020
WEBINAR 3: SUPPORTING PARENTS
Introductions

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Webinar: Strategies for Engaging and Supporting Parents During the Pandemic

Key Messages

▪ Stay student-focused! What you do to help parents, helps kids.
▪ School psychologists need to reach out to parents to discuss student needs.
▪ Be a resource and connect parents to resources, services, and supports.
▪ Listen and communicate.
▪ Promote a life balance for parents and students: school/work time, family time, care for self, and virtual social time with others.
▪ Encourage parents! They are doing the best they can in unprecedented circumstances.
▪ Be a consultant.
▪ Advocate for kids and their families.
▪ Lead, serve, and inspire! (Vaillancourt Strobach et al., 2020)

Helping Children Cope with Changes Resulting from COVID-19

(available in English, Spanish, Amharic, Chinese, Korean, French, Vietnamese, Bahasa, Urdu, Hmong)

- Stay calm, listen and offer reassurance.
- Monitor television viewing and social media.
- Take time to talk.
- Be honest and accurate.
- Keep explanations age-appropriate
- Stay connected to school
- Know the symptoms of COVID-19
- Model basic hygiene and healthy lifestyle practices
- Be aware of your children’s mental health. (breaks down by developmental level) (NASP, 2020)

Care for the Caregiver: Tips for Families and Educators

- Be aware of putting personal needs aside to care for others.
- Need for awareness regarding signs of burnout and secondary trauma or stress.
- Highlight caregiver reactions that may warrant professional support.
- Highlight recommendations for preventing burnout.

Helping Handouts from NASP for Families

NASP Handouts written for Parents.

• Strike a balance between showing research basis, while maintaining readability.

• FYI – many are available only as PDFs so they may need to be down loaded.

• They run about 5 pages long.

• These would all be appropriate links to have on your district profile page or any other number of district pages due to general applicability to child development. (Bear & Minke, 2018)

Anxiety: Helping Handout for School and Home (PDF)

Grief: Helping Handout for School and Home (PDF)

Using Praise and Rewards Wisely: Helping Handout for School and Home (PDF)

Engagement and Motivation: Helping Handout for Home (PDF)

Depression: Helping Handout for Home (PDF)

Suicidal Thinking and Threats: Helping Handout for Home

Sleep problems: Helping Handout for Home (PDF)
Managing Stress with Dr. Bruce Perry

Managing Stress: Shifting Your Pattern

- Chaotic
  - Severe, prolonged
  - Uncontrollable

- Predictable
  - Moderate
  - Controllable

Pattern of STRESS

Vulnerability

- Daily structure
- Family meals
- Limited media
- Exercise
- Reach out
- Help others
- Sleep ‘hygiene’
- Positive, future focused

Resilience

Etsy Link

Psychology Today: The Pandemic Toolkit Every Parent Needs

Staying Sane While Sheltering in Place
Get Inspired - You are a resource!

Consider making a video that can be sent out to parents. See the following links for videos for parents in English and Spanish. These can be shared or you can make your own similar recording. The sea of resources is endless and contact from a familiar source may reach parents in unique ways.

https://www.facebook.com/Psyched2LearnOcotillo/videos/1604926439656244/

https://www.facebook.com/Psyched2LearnOcotillo/videos/278477639821953/  
(Wang, et al., 2020)
Resources and References


Resources and References

