

F.A.C.E. Together

Supporting your child's
emotional health during
COVID-19



Presentation by Dr. Lisa Maloney



Today's Presentation

- Early Warning System
- Attendance
- Behavior
- Course Grades
- SAP






How do I know if my child is successfully navigating COVID-19?

Consider the Early Warning Signs



Three areas related to school are:



Attendance

Ask:

Is my child missing two or more days a month? This includes "hybrid" or virtual days.



Behavior

Ask:

Is my child's behavior interfering with his or her learning?



Course Grades

Ask:

Is my child passing all of his or her classes?

Attendance



Students missing more than two days a month are at risk for having difficulty in school later on.

Hybrid education can be confusing to parents, not understanding the rules of attendance procedures.

Focus is on ALL absences, not just unexcused.





Districts must look at whether a student can access their learning activities (device, internet, understanding of platforms, etc.)

ACCESS



Teachers must review whether students complete assigned daily work.

COMPLETION



SUPPORTING ATTENDANCE



Review District Attendance Policy

Your district may have revised their policy due to the pandemic.

Check Attendance weekly

You should be able to access through the family platform.

Schedule appointments after school

Eventhough these are excused absences, it is still time of lost instruction.

Try to support synchronous

If available, try to have your student online during class time.

Check in with teachers

Reach out to teachers with any concerns. Make a form email.

Ask for help early and often

If you see issues, reach out to principal, school counselor or a trusted teacher to help you and your child.

BEHAVIOR

Internalizing - School Refusal, Anxiety, Somatic Issues, Withdrawn

Externalizing - Defiance, Acting Out, Aggression



WARNING SIGNS FOR BEHAVIOR

Look for changes in
behavior (CDC, 2020)



1

Isolation

Student refuses to engage.

2

Social Media

Be aware of what your child is posting,
apps they are using.

3

Depression

Are you seeing difference in how they
interact, overall affect

4

Use of Drugs or Alcohol

You notice changes in behavior.

5

Bullying

You see evidence of either victim or
bullying behavior

SUPPORTING YOUNGER LEARNERS' BEHAVIOR

Manage own anxiety

Parent self-care is essential to supporting children.

Limit News and Social Media

Especially around younger children.
Have open dialogue with older children.

Make Plans/Stay in Touch

Find creative ways to connect students to friends/families via computer, phone, social media groups.

Accept and Ask for Help

School personnel, pediatrician and other trusted community members can help!



SUPPORTING TEEN LEARNERS' BEHAVIOR

Listen and Validate

They are going through times of missed opportunities and experiences.

Model Healthy Habits

Normal eating and sleeping schedules,
good stress relief, mindfulness.
Encourage social distancing, other
guidelines

Problem-Solving

Work with your teen to find solutions to problems. Assist with asking for help.



COURSE GRADES

How It Works in Daily Life

Research supports that if a student is failing math or ELA, they are at greater risk for difficulties later on (PDE, 2020)





Each district has different grade ranges; however, most districts consider at score below 60% failing.

Reach out to teachers and ask where issue is - tests, homework, class participation - request support from principal, counselor, or teacher.



STUDENT ASSISTANCE PROGRAM



Referral

Anyone can make a referral, student, teacher, parent, other school personnel.



Team Approach

A team of teachers, counselor, other school personnel review each referral, gather information and determine what level of support should be recommended - parent is involved as well.



Support

School teams (including parent) determine if in school supports are sufficient or if outside support should be assessed.

Keep in Mind

Asking for and accepting help is key



School Personnel - Counselor,
Nurse, Principal, trusted Teacher -
SAP



Pediatrician, medical health
professional



Other community support, religious
leader, coach, other leader





PARENT RESOURCES

[Parent Checklist for Virtual or At Home Learning](#)

CDC has some great parent articles and brochures. This checklist can be really helpful to support hybrid of virtual learning at home.

[Supporting Families During COVID-19](#)

This is a great resource from the ChildMind Institute

[Helping Children Cope with Changes Resulting from COVID-19](#)

This is a great resource that support frustrations with changes due to COVID-19



QUESTIONS?

Thank you!

Dr. M.