



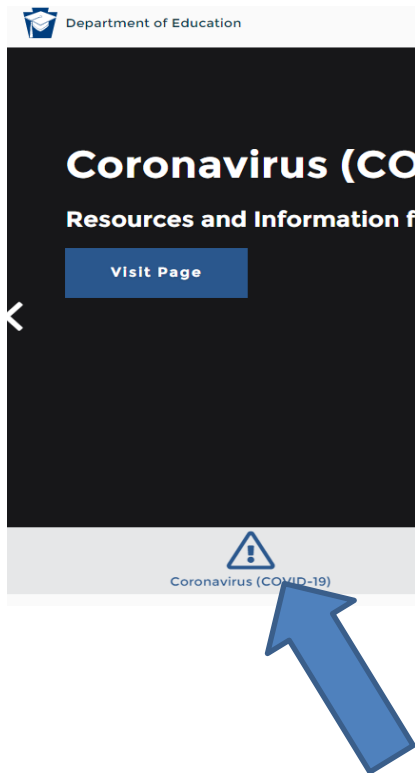
FACE Together: Supporting Your Child's Emotional Health during COVID-19

Dr. Dana Milakovic, PsyD, NCSP

Mission

*The mission of the **Department of Education** is to ensure that every learner has access to a world-class education system that academically prepares children and adults to succeed as productive citizens. Further, the Department seeks to establish a culture that is committed to improving opportunities throughout the commonwealth by ensuring that technical support, resources, and optimal learning environments are available for all students, whether children or adults.*

▶ You are Not Alone



PA Department of Education
(education.pa.gov) →
COVID-19 triangle →
Resources for Families

Today's presentation highlights Social and Emotional Wellness which is found in the Mental Health and Well-Being Resources Box

Positive Childhood Experiences

- **Able to talk to family about feelings**
- **Felt family stood by them during difficult times**
- **Felt safe and protected by adults in the home**
- Felt supported by friends
- Felt a sense of belonging at high school
- Enjoyed participating in community traditions

Home as a School Climate

Positive School Climates:

- Safety
- Support
- Social and Emotional Learning

Physical and Emotional Safety

- Provide age-appropriate information
- Practice the 3 R's
 - Reassurance
 - Routines
 - Regulation
- Keep children busy

Online Safety

- Create a safe virtual learning environment
- Use virtual backgrounds to promote camera usage
- Talk to your child about why they don't want to engage online
- Monitor what your child is doing online
- Keep in contact with your child's teacher

Support for Children and Families

- Exercise and wellness
- Create movement during day
- Talk to your school
 - Student Assistance Programs –refer your child or child can self-refer
 - Safe2Say Something

Support for Children and Families

- Where to get help
 - National Suicide Prevention Hotline
1-800-273-TALK (8255)
 - Text PA to 741-741
 - Disaster Distress Hotline: 1-800-985-5990
 - TrevorLifeline: 1-866-488-7386 or text START to 678-678

Social and Emotional Learning Strategies

- Model how to deal with emotions
- Use on-line mindfulness videos
- Use on-line stories to teach social and emotional skills
- Model problem solving skills
- Talk to your children about conflicts and suggest ways to solve using appropriate skills

Self-Care for Families and Youth

- Create a family schedule
- Help your child identify goals and steps to complete them
- Set up a workspace for your child
- Create some games to help get work done
- Identify what you can do when you are stressed
- Help children learn what makes them calmer

Resources

- [PDE: Resources for Families](#)
- [PDE: Talking to Children about COVID-19](#)
- [PDE: Promoting Positive Learning Climates Online and at Home](#)
- [PDE: Creating a Safe Virtual Learning Environment](#)
- [PDE: Managing Your Child's Emotions When You're Stressed](#)
- [PDE: Self Care for Families and Youth](#)

For more information on resources or education related to Mental Health Wellness please visit PDE's website at www.education.pa.gov or contact Dr. Dana Milakovic

Dana Milakovic, PsyD, NCSP

Mental Health/AOD Specialist

Office for Safe Schools

Department of Education

Cell Phone: (717) 649-1592

Email: damilakovi@pa.gov