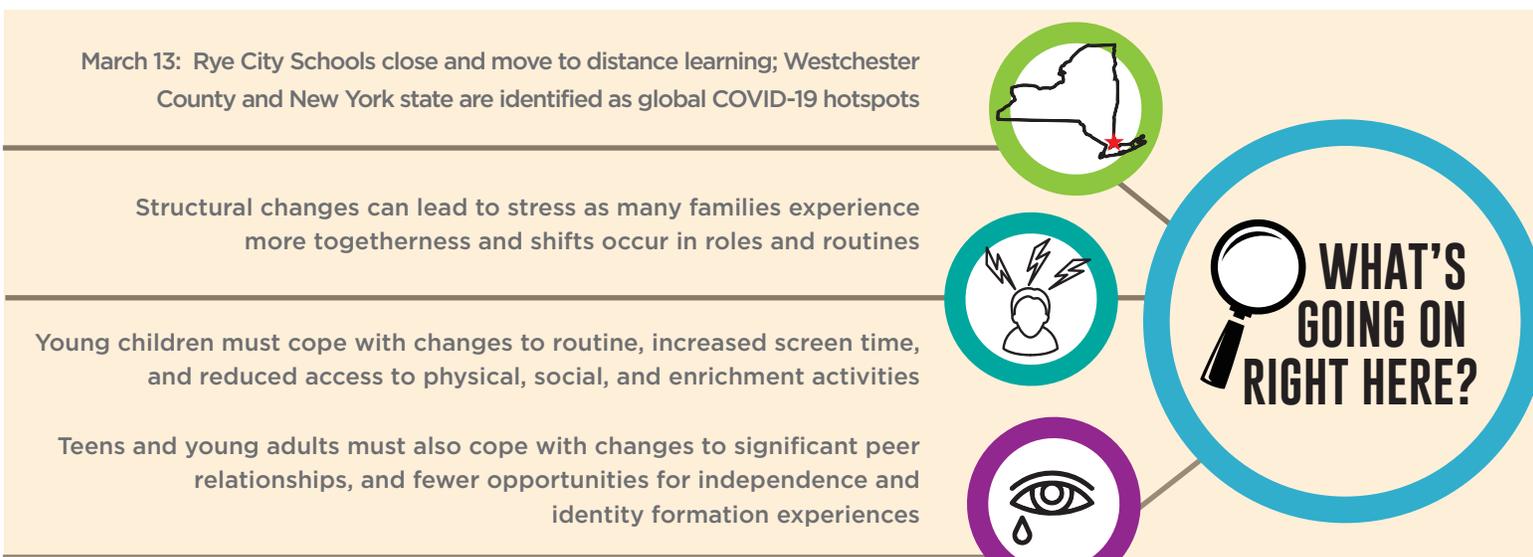
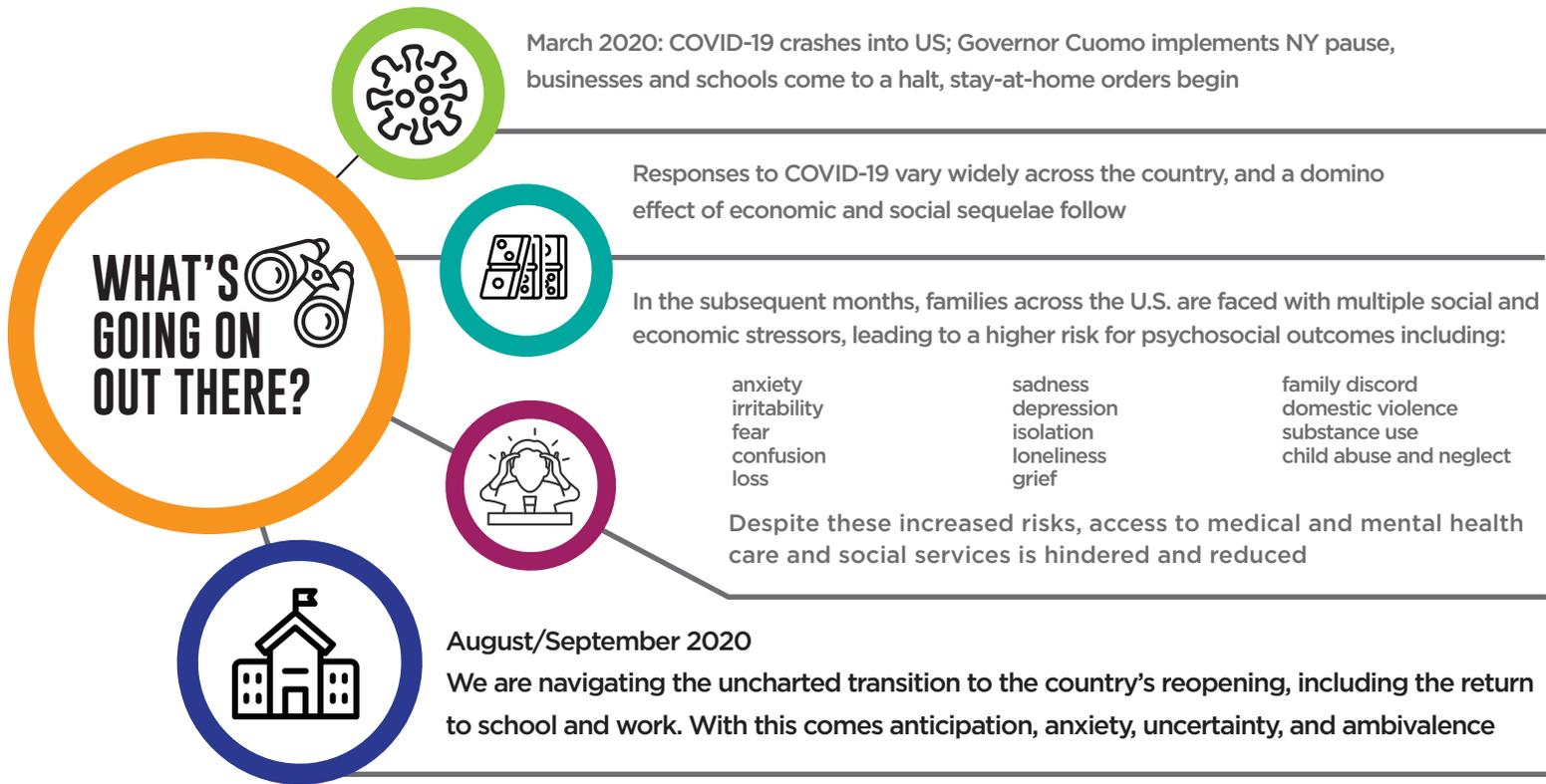


# PARENTING IN CHALLENGING TIMES

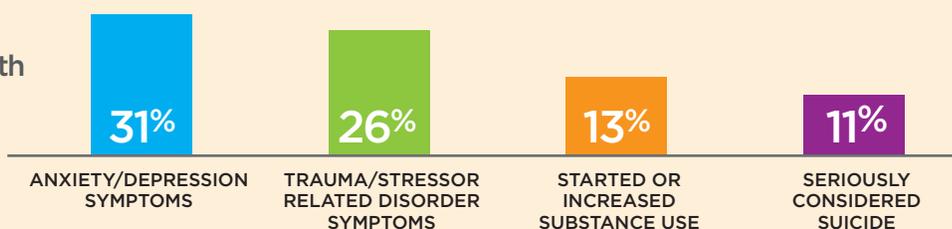


VOLUME 1

## Returning to School and COVID-19



In June 2020, 40% of U.S. adults reported struggling with mental health or substance abuse



Source: CDC.GOV

# R

## REFLECT:

What went well for my family and in my parenting practices?  
What were our challenges during quarantine and social distancing?

# E

## EXAMINE:

What are my beliefs and expectations?  
What positive changes came out of quarantine for my family?  
When we return to “our normal,” what will we hold on to?  
What can we do to remain flexible and connected as change continues?

# A

## ASK:

Ask questions to encourage open family conversations  
What has the environment in our household been like?  
How does our family feel about the changes in daily life?  
How can my child(ren) remain engaged with friends, school, and community?

# L

## LISTEN:

Listen without judgement to your child’s thoughts and feelings  
Your active listening encourages their elaboration: “Tell me more...”  
Summarize and paraphrase what they express and provide validation

# I

## INFORM:

Share developmentally appropriate facts  
Explain what you know right now and that facts might change  
as we learn more over time  
Remind them that as a family you can continue to learn and adapt together

# S

## SHIFT:

Move from being reactive to being proactive  
Help your child(ren) feel confident in their own ability to respond to the challenges that  
lie ahead by communicating and problem solving together

# E

## EMPOWER ACTION:

Help your child(ren) identify the sources of strength they have  
Help them reflect on strategies/resources they are practicing or have implemented  
Foster a sense of mastery over the things they can control

## CHECK-IN

**C**

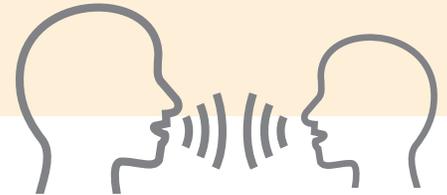
- Check-in with your own feelings before having important discussions with your child(ren); Remember that they are your mirrors and look to you to model appropriate responses
- Allow yourself to get in touch with the part of you that feels anxious AND the part that can take action toward healthy coping
- Attempt to remain calm, open, and positive during discussions; listen non-judgmentally to allow your child(ren) to express their concerns and emotions
- Make time for frequent check-ins with your child(ren)



## PREVIEW

**P**

- Previewing is a tool that can help your child(ren) gain a sense of mastery and control over their environment and circumstances
- Consider scenarios for what the fall/winter might look like and how things might change over time. What are their reactions to this? What are yours?
- Some examples: What does the “COVID coaster” look like for your family? Just like a rollercoaster that we have never been on before- what might we expect? School will be different - but there will be school. How do you feel about these changes at school?



## REMEMBER AND REINFORCE

**R**

- Normalize, empathize with, and validate feelings of anxiety, worry, and loss while identifying sources of strength to help yourself and your child(ren) cope
- Children of different ages express their loss in different ways- some demonstrate increased withdrawal, loss of pleasure in previously enjoyed activities, somatic complaints (e.g., stomach aches, headaches), sleep disturbances, increased irritability, increased acting out / externalizing behaviors, academic disengagement and reduced attentional and self-regulatory capacities
- Identify typical responses to loss and distinguish these from responses that require professional support (e.g., self-harm, substance use, significant developmental regression, mood dysregulation). Seek professional support when needed
- There are professionals in the schools who are there to help: social workers, guidance counselors, and school psychologists. Let them know if you are concerned about your child(ren) at any time
- Identify what your child(ren)'s social needs are and support them in making plans to meet these needs safely while social distancing (e.g. outdoor activities, small group activities w/ masks, etc.)
- Provide positive reinforcement to your child(ren) when they make healthy decisions (e.g. physical activity, mask wearing and social distancing habits, socializing, academic goal setting, managing stress through healthy coping habits); this helps to meet their physical, social-emotional, and academic needs

**One way to manage our own stress as parents is to actively seek up-to-date, accurate information from reliable sources:**



## **PUBLIC SCHOOL INFO**

For Updates about COVID-19 and SCHOOL REOPENING for the Rye City Schools: [ryeschools.org](https://ryeschools.org)



## **MEDICAL INFO**

**For Medical Information from our Federal Partners at the CDC:**

[cdc.gov/coronavirus/2019-ncov/index.html](https://cdc.gov/coronavirus/2019-ncov/index.html)

**For Medical Information from our Local Partners at Greenwich Hospital:**

[giving.greenhosp.org/covid-19-resources](https://giving.greenhosp.org/covid-19-resources)

**For COVID-19 Updates from the NY State Dept of Health:** [coronavirus.health.ny.gov/home](https://coronavirus.health.ny.gov/home)

For stress and coping strategies: [bit.ly/dailylifecoping](https://bit.ly/dailylifecoping)



## **CITY OF RYE INFO**

**For Updates about Reopening Protocols here in Rye:**

[ryeny.gov/services/remote-city-services-new/coronavirus-updates](https://ryeny.gov/services/remote-city-services-new/coronavirus-updates)

\*sign up for email notifications!



## **MORE INFORMATION: MENTAL HEALTH RESOURCES**

**For More Information about Youth Mental Health & COVID-19:**

[apa.org/topics/covid-19](https://apa.org/topics/covid-19)

[omh.ny.gov/omhweb/guidance/covid-19-managing-stress-anxiety.pdf](https://omh.ny.gov/omhweb/guidance/covid-19-managing-stress-anxiety.pdf)

[mhawestchester.org/news/covid-19-resources-and-tips](https://mhawestchester.org/news/covid-19-resources-and-tips)

## **SUPPORT FOR PARENTS**



**Help for Parents is Available Through the Rye Youth Council Parent Support Line:**

Call: (914) 222-0988 or Email: [parentsupport@ryeyouthcouncil.org](mailto:parentsupport@ryeyouthcouncil.org)

**For Mental Health & Substance Use Crisis Assistance:**

Westchester County Crisis Prevention & Response Team (St. Vincent's) 914-925-5959

**Find Additional Information and Resources on the RyeACT Website:** [ryeact.com](https://ryeact.com)