



WELCOME!



August 5th, 2020

How To Talk With Our Kids

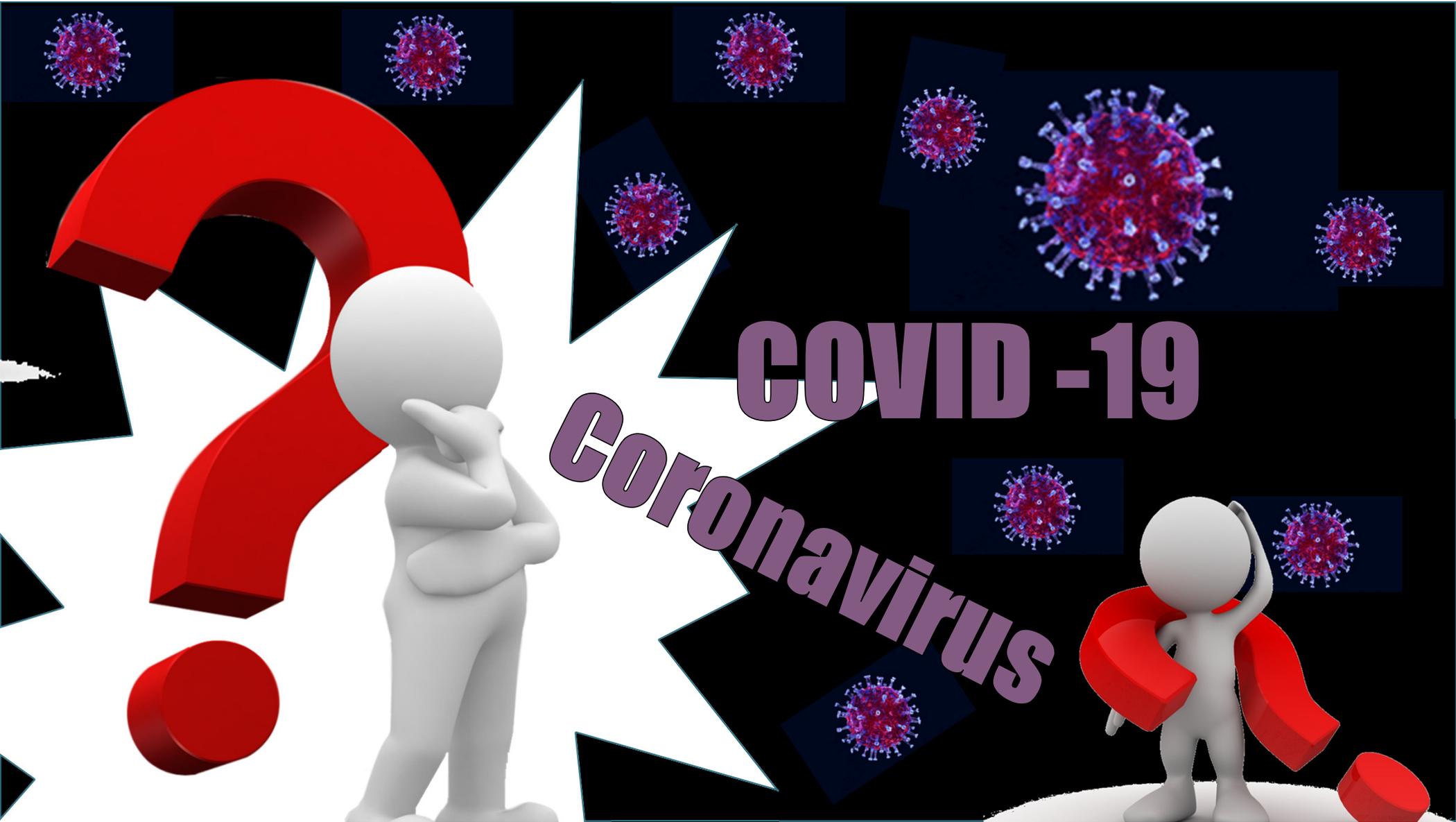
About Going To School During The

COVID-19

Pandemic

For Parents of
Columbus Jewish Day School Students
By: Brent Bloomster, Ph.D. LPCC-S





COVID-19

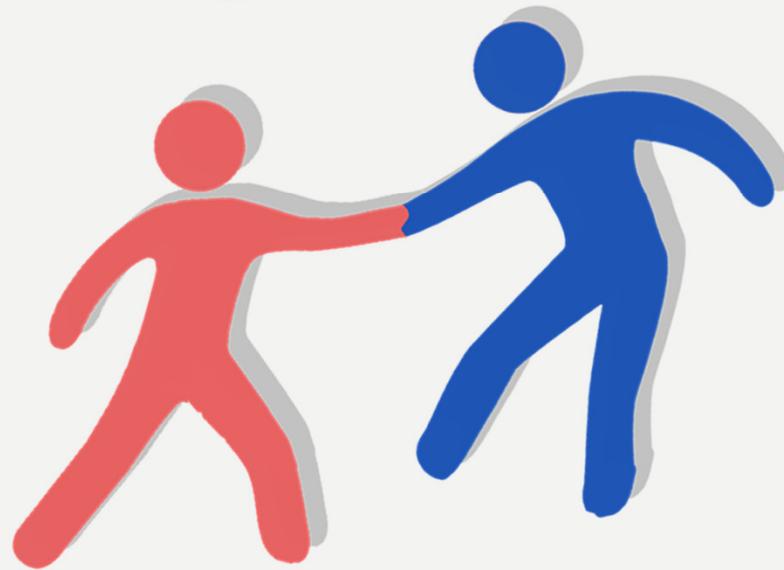
Coronavirus

UNCERTAINTY

WHAT'S
GOING
TO
HAPPEN?



SO WHAT CAN WE DO TO  **KIDS**
HANDLE ALL THIS AND SUCCESSFULLY
RETURN TO SCHOOL 



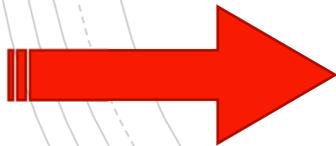
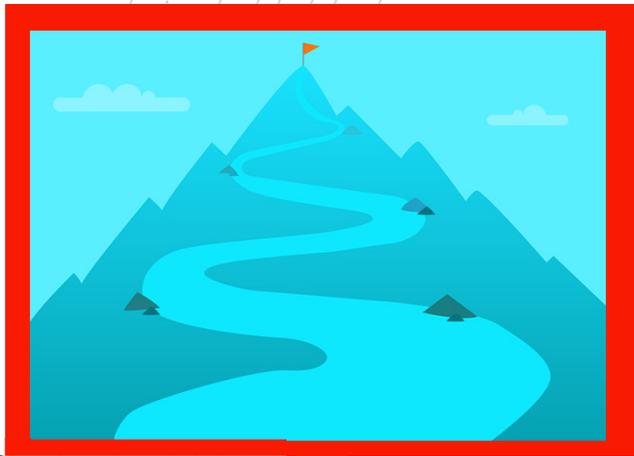
Know What They Need

1st



Did you
Know?

8 Things Kids Need To Thrive



1. Security

Kids must feel safe and sound, with their basic survival needs met: shelter, food, clothing, medical care and protection from harm.

2. Stability

Stability comes from family and community. It's important to disrupt the child's life as little as possible. Kids and families should be a part of larger units to give them a sense of belonging, tradition and cultural continuity.

3. Consistency

Keeping things the same that we can control helps buffer against the stress of those things we can't control. Staying predictable in what we say and do helps buffer against the unpredictable that we can encounter at any time.

4. Emotional Support

Parents' words and actions should encourage kids' trust, respect, self-esteem and, ultimately, independence.

5. Love

Saying and showing you love your kids, even if they are upset, struggling or misbehaving, is the obvious best choice. They need you to show them you love them and that you'll always love them.

6. Education

Make sure your kids get the best possible education for their future. This includes school, of course, but it also includes the invaluable life lessons you provide during the time you spend together, especially the coping lessons you display in times of difficulty.

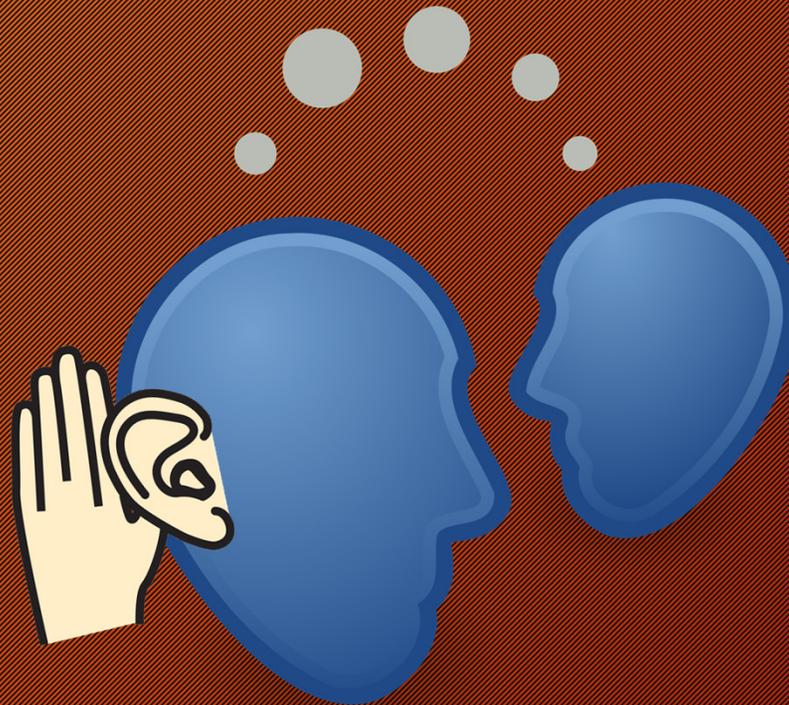
7. Positive Role Models

Parents are their kids' first and most important role models. What they observe in you will instill in them the kind of person you want them to become.

8. Structure

Rules, boundaries, and limits: Without them, kids are forced to guide themselves and be adults before they are ready. If that happens, they lose respect for you and other adults.

Find Out What They Are Experiencing



Conversation Steps: Part 1

- **Ask Three simple questions:**

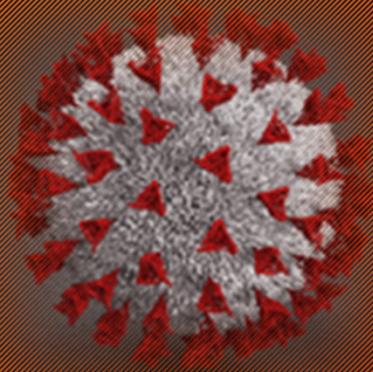
1. **What** are you looking forward to about going to school?
2. **What** do you want to know about going to school this year?
3. **What** do you think would help start the year off well?

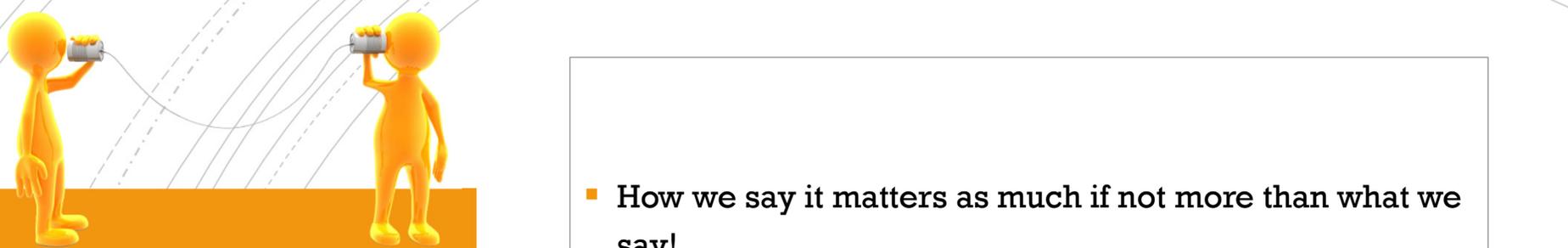
Conversation Steps: Part 2

- **Share three clear facts:**

- 1. School will Look Different.**
- 2. Changes Have Been Made To Keep You Safe.**
- 3. You will help keep yourself and others safe when you Follow All Directions all of the time.**

Give Them Information





Keys to Communication

- How we say it matters as much if not more than what we say!
- It's not a "one and done" but rather a "start and sustain"
- Remember their age and stage.
- Always be truthful.
- Share only what they need to answer their questions.
- Check for understanding. Have them share back what they heard. Clarify any misunderstandings.



Talking Tips

- Welcome their **questions**.
- Set the **tone**.
- **Don't introduce** worry if it is not there.
- **Acknowledge** worry if it is there.
- **Remind them** that you, staff and they themselves are a team working together to keep everyone safe.
- **Don't avoid questions** you can't answer. It's appropriate to say **"I don't know"** and try to find the answer or acknowledge there may not be an answer right now.
- Feel free to share that there are **more steps being taken** to keep them safe than ever before. Some they will see (like handwashing stations) and some they can't see (like new air filters).
- **Focus on** what you, they and school staff are doing to keep them safe.
- Consider their **developmental level** when you provide information. Don't volunteer too much information as this may be overwhelming. Taper it to what they ask or need. Answer simply, clearly and honestly.
- Keep talking. Remain available to respond to their questions and proactively check in with some regularity.



Tell Them What They Can Do To Stay Safe



PROTECTION PYRAMID



Cover:

Nose

Mouth

Chin



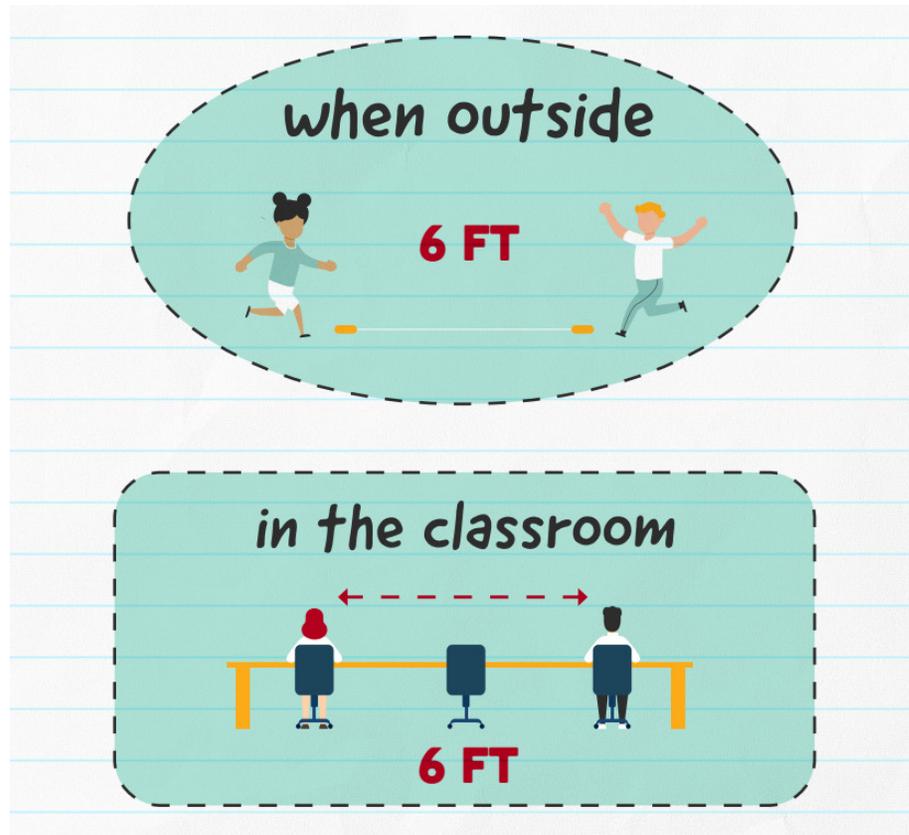
PROTECTION PYRAMID



PROTECTION PYRAMID



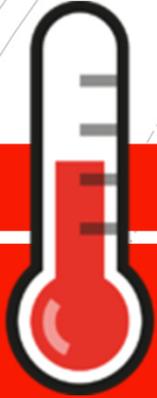
KEEP DISTANCE



Extend To Them Support

5th





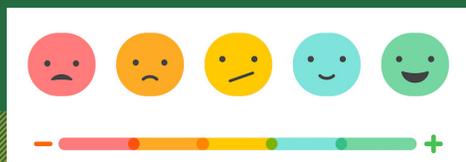
Regular
Check-Ins



Emotional Temperature Check



- **M**eet with them often.
- **A**sk what is going well? What is difficult? What do you want or need help with?
- **S**hare any new information.
- **C**onfirm/Clarify what they know.



Demonstrate Calm

6th



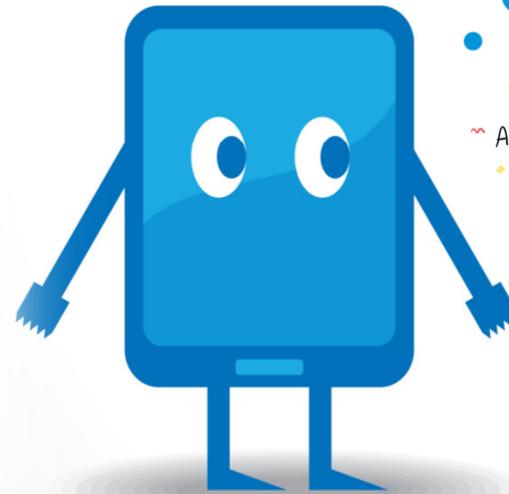


Emotions
are
Contagious

KEEP
CALM

Are you
thinking
what I'm
thinking?

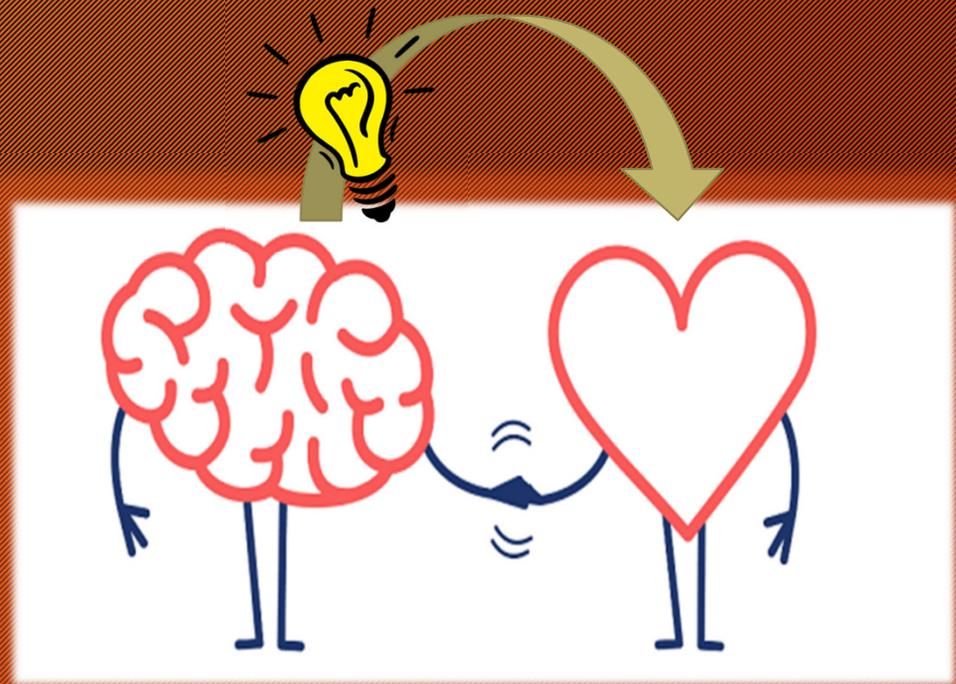
It feels
that way!

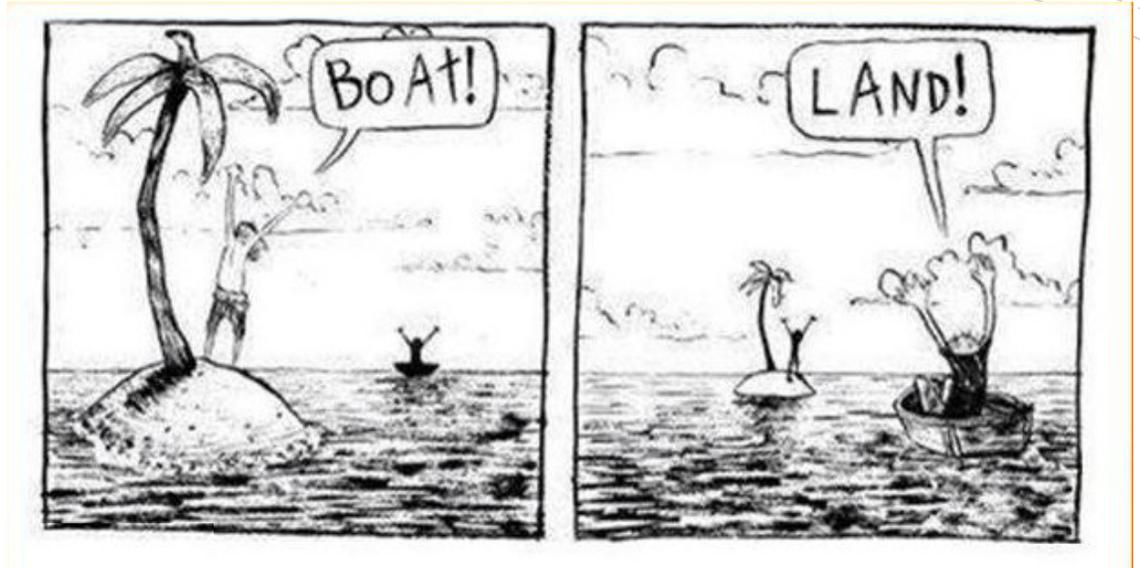
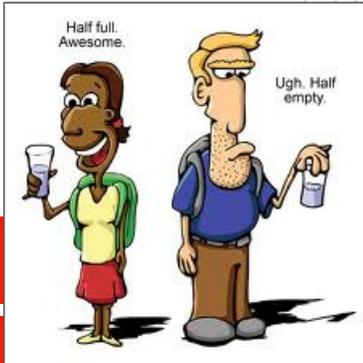


ANXIETY

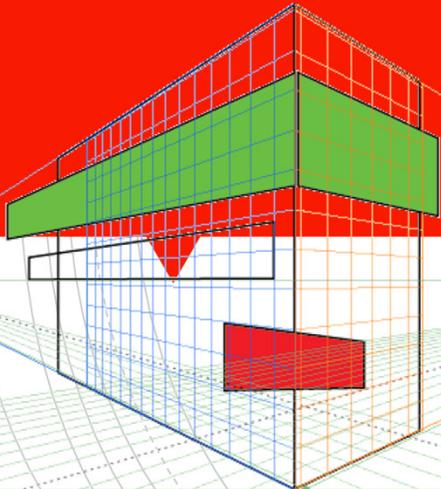


Provide Them With Perspective





Perspective





Think About It

Remember, they
may see things
differently!



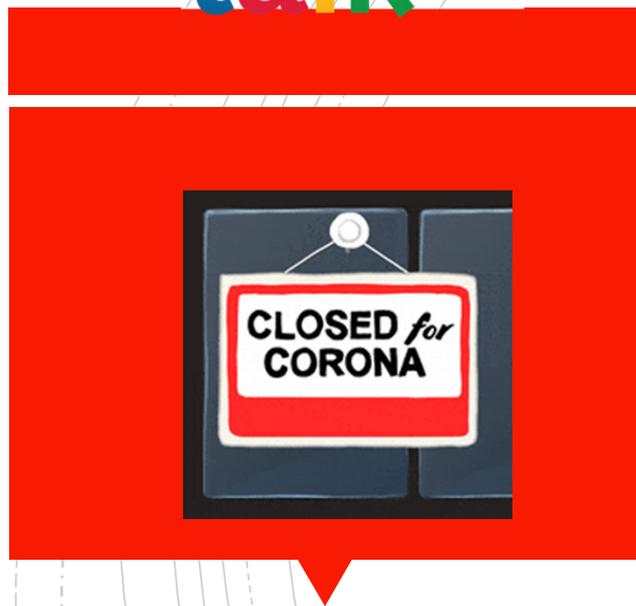
6



9



talk



- Tell them about being **“Change Flexible”** – Change is inevitable so treat it as expected not unexpected. Anticipate it and plan for it and help them to do the same.





You've
Got This!

