

Helping Your Child Manage Anxiety with COVID 19: A MAC Virtual Chat
with NESCA neuropsychologists

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Resource List

Community Resources and Help Lines

Department of Elementary and Secondary Education (DESE) Family Resource Toolbox

<http://www.doe.mass.edu/covid19/sped/family-resource-toolbox/>

Parents Helping Parents (PHP) is a free, volunteer service that provides support groups for parents. During the COVID-19 crisis, they are running 2 online groups on weekdays.

www.parentshelpingparents.org 1-617-926-5088

PHP also runs the Parental Stress Line, a free and confidential hotline for parents who are feeling overwhelmed. It is free and confidential 1-800-632-8188

HelpPro.com is a free, online therapy finder service that can match your need, location and insurance with therapists in your area. www.helppro.com

Samaritans is a 24 hour/7 days a week suicide prevention hotline staffed by trained volunteers who are there to listen at 1-877-870-4673. The program also offers grief groups and community outreach and education www.samaritanshope.org.

Safelink is a 24 hour/7 days a week hotline for those who are affected by domestic violence or dating violence. The advocates who answer the phone are bilingual in English and Spanish and have access to a service that offers translation in 130 languages. 1-877-705-2020 (TTY 1-800-521-2601).

Books and Articles for Children

“Trinka and Sam: Fighting the Big Virus Together”

<http://piploproductions.com/trinka-and-sam-virus/>

Books and Articles for Parents

“How to Support Children and Yourself During the COVID 19 Outbreak”
















<https://developingchild.harvard.edu/resources/how-to-support-children-and-yourself-during-the-covid-19-outbreak/>
















“Enhancing and Practicing Executive Function Skills With Children from Infancy to Adolescence”

<http://developingchild.harvard.edu/wp-content/uploads/2015/05/Enhancing-and-Practicing-Executive-Function-Skills-with-Children-from-Infancy-to-Adolescence-1.pdf> (lots of info on games)

Technology, Remote Learning, and Frustration

Remote Learning is new for every student in this state, this country, and around the world. It is EXPECTED that working with technology in new ways is going to be FRUSTRATING. This feeling of being FRUSTRATED is happening with every student (and teacher) right now. This checklist is designed to get your brain ready for remote learning and to help you navigate FRUSTRATING feelings.

Item	Description	Check When Completed															
<p>Before starting your work, do something that is calming and fun. This will get you ready for learning. Choose your favorite!</p>	<p>1) Do something active: Take a walk outside, do jumping jacks</p> <p>2) Do something calming. Watch a favorite YouTube video. Cuddle with your pet or stuffed animal. Take deep breaths</p> <p>3) Fuel your body: Have a healthy snack</p>																
<p>Where are you on the 5 Point Scale?</p>	<table border="1" style="margin: auto; border-collapse: collapse;"> <tbody> <tr> <td style="background-color: red; color: white; text-align: center; font-weight: bold; font-size: 1.2em;">5</td> <td style="font-size: 0.8em;">Rage, Furious</td> <td style="text-align: center;"></td> </tr> <tr> <td style="background-color: orange; color: white; text-align: center; font-weight: bold; font-size: 1.2em;">4</td> <td style="font-size: 0.8em;">Angry, Mad</td> <td style="text-align: center;"></td> </tr> <tr> <td style="background-color: yellow; color: black; text-align: center; font-weight: bold; font-size: 1.2em;">3</td> <td style="font-size: 0.8em;">Frustrated, Confused, Annoyed, Sad</td> <td style="text-align: center;"></td> </tr> <tr> <td style="background-color: lightgreen; color: black; text-align: center; font-weight: bold; font-size: 1.2em;">2</td> <td style="font-size: 0.8em;">Nervous, Worried, Anxious</td> <td style="text-align: center;"></td> </tr> <tr> <td style="background-color: lightblue; color: black; text-align: center; font-weight: bold; font-size: 1.2em;">1</td> <td style="font-size: 0.8em;">Happy, Calm, Satisfied, Pleased, Okay</td> <td style="text-align: center;"></td> </tr> </tbody> </table>	5	Rage, Furious		4	Angry, Mad		3	Frustrated, Confused, Annoyed, Sad		2	Nervous, Worried, Anxious		1	Happy, Calm, Satisfied, Pleased, Okay		
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<p>Getting Ready To Work. Technology is going to be frustrating. Sometimes the tools don't work the first time because so many people are trying to use it at the same time. These are 3 strategies for dealing with frustration. Which one (or more) are you going to try to use?</p>	<table border="1" style="margin: auto; border-collapse: collapse; width: 80%;"> <tbody> <tr> <td style="padding: 5px;">Walk away from the computer for 5 minutes</td> </tr> <tr> <td style="padding: 5px;">Ask for help or let your mom help you</td> </tr> <tr> <td style="padding: 5px;">Take 3 deep breaths and try again</td> </tr> </tbody> </table>	Walk away from the computer for 5 minutes	Ask for help or let your mom help you	Take 3 deep breaths and try again													
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<p>After Work. Did you use a strategy? If so, which one?</p>	<p>Name the strategy</p>																
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<p>Reward. When you complete this checklist, you can earn a reward.</p>	<p>Choose a reward</p> <table border="1"> <tr> <td>1.</td> <td>Your choice of a TV show or game</td> </tr> <tr> <td>2.</td> <td>\$1 in your piggy bank</td> </tr> <tr> <td>3.</td> <td>Special time with a parent</td> </tr> <tr> <td>4.</td> <td>A favorite treat</td> </tr> </table>	1.	Your choice of a TV show or game	2.	\$1 in your piggy bank	3.	Special time with a parent	4.	A favorite treat								
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