

Back to School Social-Emotional Supports for Families Fall 2020



Back to School Reminders

From Dr. Amy Stoeber, PhD
*Presenter at Oregon Department of
Education Summer Institute Training*
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- **“We’re all doing the best we can”**

Teachers, parents and children are all being asked to make uncomfortable changes. We don’t always have the choices we want but we have the choice to acknowledge this is a “crazy time” and then go about “making the best of it”. By doing so, children “will be ok”.

- **“Children look to us as to whether or not they are ok”**

Children need adults to model for them strategies we can use during this time and people we can reach out towards for help. Fred Rogers reminds us that “helpers” are everywhere. We just need to be brave enough to be imperfect and open enough to accepting and giving help.

- **“Kindness matters”**

Everyone needs an extra dose of kindness right now. We can soothe ourselves and our children with it and this will promote regulation.

What Comes Next: Back to Child Care after Shelter-In-Place

<https://www.zerotothree.org/resources/3413-what-comes-next-back-to-child-care-following-shelter-in-place>

Four Steps for Communicating Challenges with Your Co-parent

<https://www.zerotothree.org/resources/3595-four-steps-for-communicating-challenges-with-your-coparent>

All that Feels: Helping Young Children Cope with the Return to Child Care

<https://www.zerotothree.org/resources/3596-all-the-feels-helping-young-children-cope-with-the-return-to-child-care>

Our Favorite Books for Families Facing Tough Times

<https://www.zerotothree.org/resources/3399-our-favorite-books-for-families-facing-tough-times>

Back to School Helpers

Communicate Important Information to your Child's Teacher

Use this form to share current information about your child to help support their transition back to school.



My Teachers Want to Know

We are glad to be open and welcoming you and your child back to our program! As we return, our teachers want to make the transition as smooth as possible. The pandemic has impacted every family in different ways. We want to make sure we are responsive to your child's needs and help you and your child feel supported. To the extent that you feel comfortable, we ask if you would please share any information that would be beneficial for your child's teacher to know. We have provided a few questions below that will help us get a better idea of how things are going and how to support your child. Please feel free to answer only those questions you feel comfortable with.

- Have there been any changes to your child's environment at home that might impact their transition back to school that you want us to know about? (check all that apply):




<input type="checkbox"/> Moved to new location	<input type="checkbox"/> Change in who is regularly living in the home
<input type="checkbox"/> Family member(s) now working from home	<input type="checkbox"/> Change in caregiver (e.g., grandparent with your child during the day, sister with child while school was closed)
<input type="checkbox"/> Change in schedule or routines (e.g., working hours of family member changed so child had to be up earlier)	<input type="checkbox"/> Other: _____
<input type="checkbox"/> Family impacted by illness/death	
- During the "stay at home" time away from school, my child... (check all that apply):

<input type="checkbox"/> missed seeing friends at school.	<input type="checkbox"/> was more anxious and nervous.
<input type="checkbox"/> enjoyed having more family time.	<input type="checkbox"/> was frustrated easily or had more meltdowns.
<input type="checkbox"/> had a difficult time with not being able to go places we usually go.	<input type="checkbox"/> was clingy and did not want to leave family members.
<input type="checkbox"/> was okay with changes in our routines.	<input type="checkbox"/> had a change in sleeping patterns.
<input type="checkbox"/> was worried about someone who was ill.	<input type="checkbox"/> had a change in eating patterns.
<input type="checkbox"/> seemed sad or withdrawn.	<input type="checkbox"/> Other: _____
- We want to effectively support your child at school. What strategies work best when your child experiences challenges or difficulties? (check all that apply):

<input type="checkbox"/> Engaging in a calming activity. Please specify: _____	<input type="checkbox"/> Talking with them about their feelings
<input type="checkbox"/> Receiving a hug	<input type="checkbox"/> Playing a favorite game or a favorite toy. Please specify: _____
<input type="checkbox"/> Going for a walk	<input type="checkbox"/> Using visual supports (e.g., visual schedule, visual choices)
<input type="checkbox"/> Reading a book with an adult	<input type="checkbox"/> Other: _____
<input type="checkbox"/> Giving them time to calm down	
- How can we help you support your child at home? Do you need resources or support to help your child at home with any of the following? (check all that apply):

<input type="checkbox"/> Morning routine	<input type="checkbox"/> Following directions	<input type="checkbox"/> Transferring out of school
<input type="checkbox"/> Grooming routine	<input type="checkbox"/> Playing alone	<input type="checkbox"/> Tips within the community
<input type="checkbox"/> Meal-times	<input type="checkbox"/> Playing with others	<input type="checkbox"/> Other: _____
<input type="checkbox"/> Riding in the car	<input type="checkbox"/> Handling frustration or anger	
<input type="checkbox"/> Naptime	<input type="checkbox"/> When a visitor comes to the house	
<input type="checkbox"/> Bedtime	<input type="checkbox"/> Transferring to school	
- We want to be in touch with you and make sure you can share information with us. What is the best way for us to have communication with each other? (select all that work best for you):

<input type="checkbox"/> Email (best email): _____	<input type="checkbox"/> Notes from home to school/school to home
<input type="checkbox"/> Phone calls (best number): _____	<input type="checkbox"/> School App
<input type="checkbox"/> Texts (best number): _____	
- If needed, please feel free to share any other information that would be helpful for your child's teacher to know about your child's time at home: _____

National Center for Pyramid Model Innovations | ChallengingBehavior.org
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Teach Safe New Greetings with a Greetings Board

Greetings | Saludos



smile



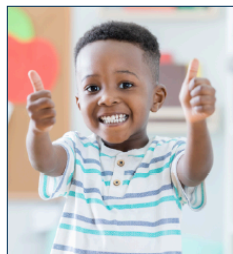
put hands on your heart



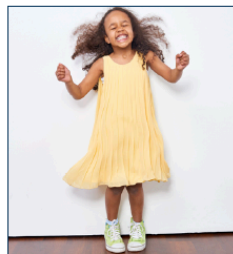
give an air hug



give a superhero salute



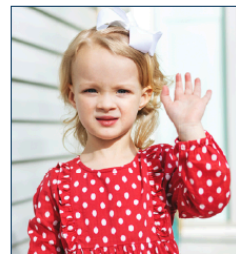
give a thumbs up



do a happy dance



elbow bump



wave hello



Teach Safe New Ways to Social Distance

<https://tinkergarten.com/blog/how-a-lobster-can-help-teach-your-kids-social-distance>

*Use Trays, Towels, Tape
for Visual Boundaries

Mask Resources

A Parent's Guide to Helping Your Child Wear a Face Mask

<https://rwjms.rutgers.edu/boggscenter/Links/documents/ParentGuide-HelpingYourChild-WearaFaceMask-F.pdf>

Helping Children Understand Emotions when Wearing Masks

<https://challengingbehavior.cbcs.usf.edu/resources/index.html>

Help your Child Make Friends with Wearing a Mask

<https://tinkergarten.com/blog/help-your-kids-make-friends-with-masks>

Wearing a Mask (multiple languages)

<https://www.autismlittlelearners.com/2020/04/wearing-mask-story-for-children.html>

My Staying Healthy Story

<https://starautismsupport.com/classroom-tools/Staying-Healthy-Resources>

Putting Masks on My Toys

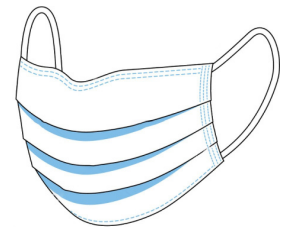
<https://www.autismlittlelearners.com/search/label/COVID-19>

Hand Washing Resources

- Wash Your Hands - [A Guide for Kids and Parents](#)
- Wash Your Hands - [A Guide for Kids and Parents](#) (Spanish)

Symptom Checker Visual

<https://www.autismlittlelearners.com/2020/07/symptom-checker-visual-support.html>



Social Emotional Supports

Strategies and Tips to Promote Calm (NCPMI Website: Resources)

<https://challengingbehavior.cbcs.usf.edu/resources/index.html>

- Help us Calm Down: Strategies for Children (English & Spanish)
- Take a Break: Using a Calm Down Area at Home (English & Spanish)
- Tucker Turtle Takes Time to Tuck and Think at Home (English & Spanish)
- Help Us Stay Calm: Strategies that help you and your child during challenging behavior (English & Spanish)

Solution Tool for Sibling Conflicts (NCPMI Website: Resources)

<https://challengingbehavior.cbcs.usf.edu/resources/index.html>

- Solution Kit: Home Edition (English & Spanish)

Tips for Managing Children's Behavior (Videos)

<https://www.childrens-specialized.org/tips-for-managing-challenging-behaviors-of-young-children>

Video 1: [You Did It, Hooray! Encouraging Preferred Behavior](#)

Video 2: [Why Did You do that? Understanding Behavior](#)

Video 3: [What's Next? Managing Transitions for your Child](#)

Video 4: [The Way Kids Develop: Setting Realistic Expectations](#)

Video 5: [Please Do What I Ask: Following Directions & Rules](#)

Video 6: [Good Morning! Let the Day Begin - Tips for Managing Morning Routines of Young Children](#)

Video 7: [No Don't Do That! Tips for Reducing Undesirable Behavior of Young Children](#)

https://brookespublishing.com/resource-library/?fwp_screening_and_assessments=seam

- How Parents of Infants can Support Social-Emotional Development
- How Parents of Toddlers can Support Social-Emotional Development
- How Parents of Preschoolers Can Support Social-Emotional Development

5 Key Principles for Preventing Challenging Behavior

<https://brookespublishing.com/resource-library/5-key-principles-preventing-challenging-behavior-infographic/>



Social Emotional Supports

12 Strategies for Building Emotional Regulation and Empathy in Young Children

<https://blog.brookespublishing.com/12-strategies-for-building-emotional-regulation-and-empathy-in-young-children/>

Help Children to Build Their Self Control

https://www.kidsintransitiontoschool.org/helping-children-to-build-their-self-control/?mc_cid=5f2c803ff9&mc_eid=98f1411e13

Families Today Articles: Questions answered by pediatrician Dr. T Berry Brazelton and psychiatrist Dr. Joshua Sparrow.

<https://mi-aimh.org/tools/families-today-articles/>

Topics:

- Sleep, Sleep, Sleep Dear Sleep
- Feeding a Quiet Child and an Active One
- Community-Building Among Families
- Preschoolers' Habits: Handle with Care
- Coping with Loss
- Tough Times, Resilient Families
- A Child's Big Emotions
- A Child who Bangs her Head
- A 3 Year Old & Separation Anxiety
- Potty Training Around the Clock
- Extremely Bossy Three-Year Old
- A 5 Year Old's Sudden Change of Heart
- Babies' Infection Risk on Airplanes

