RAISING Resilience

Connections Cafe: let's meet online

Welcome!

Today's Topic:

Behavorial Support Strategies
for teens through toddler

w/ Shealeen Kennedy, M.Ed., BCBA, LBA

Up Next:

Tuesday, April 7, 2020 @ noon

Boosting immune systems w/ Stephanie Dalton,

Holistic Nutritionist & Health Coach, CHC, CNC, AADP

Tuesday, April 14, 2020 @ noon

Parenting with compassion and integrity

w/ Betsy Lydle Smith, Virtues Training Facilitator

Observed Patterns

Positive Behavior

- Curiosity
- Creativity
- Focused
- Pride
- Determination
- Persistence
- Resilience
- Flexibility

Negative Behavior

- Confused
- Boredom
- Helplessness
- Hopelessness
- Emotional
- Defeated
- Unfocused
- Rigidity

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Basic tools: structures to model in order to set expectations

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Sleep- set a consistent bedtime.

Wake up- allow yourself to wake up naturally (pay attention- if someone is sleeping more than 12 hours they may be sick or depressed).

Meds- take medications at consistent times (set a timer to remind yourself or use a day of the week organizer). If you take vitamins & supplements, do this at the same time.

Eating- eat breakfast, lunch & dinner at consistent times. i.e.- finish breakfast by 9am; get free lunch at Ordway for kids every weekday between 11-12:30; make dinner together. Eat meals as a family. Display rules about snacks (only healthy options). Lookout for emotional eating during this time.

Exercise- try to do this multiple times per day. Go for daily walks or bike rides together & teach your kids how to create at least 6 feet of safe space. Watch local gyms online & workout together (Outcome Athletics posts a daily video). Follow weekly suggestions from PE teachers- like a planking challenge or putting on your favorite song & crabwalking for the duration of the song.

Sun- get at least 10 minutes of Vitamin D EVERY day. I lay on my front porch soaking up the sun every day. Thankfully there has been a little sun each day these past few weeks. The second I notice the sun on the porch I stop everything and go out to get my Sunshine Vitamins to make me happy ☺

Hygiene- take a shower or bath every day, brush your teeth twice a day, use deodorant, brush your hair. The more you do just these basics the better you will feel. Plus, everyone in the house will appreciate you more if you smell nice and look clean.

Allow creativity with the recommendations/assignments teachers are posting (especially for Elementary & Sakai kids)

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a) **Your child's teacher wants them to do a book report this week but you know they won't finish the book until next week**. Ask the teacher if it's ok to wait to do the book report after your child is done with the book they are currently reading. They still will do the same assignment but then it's not busy work & is meaningful to your child.

b) **Your child was given Fractions & Decimals but you are struggling to help them with that section. You haven't done that work since you were in school.** Ask the teacher if you can work on data or measurement if that's your strength. For me as a behavior analyst that is where I shine & my passion & creativity in this area has led to some really fun learning with my kiddos. Imagine if you are an interior designer or architect and measurement & geometry is your forte. Use what you know & create lessons for your kids that are meaningful.

c) **Your kiddo is bored with online Science videos & experiments.** Sign them up for Outschool science classes or our own local scientist Dr. Erica who is providing fun experiments for kiddos to do every day.

d) **Your kid was asked to do a state report. Decide on a state you want to visit when you get out of quarantine someday.** Do the project together as a family. Learn all about the fun things the state has to offer. Make a slideshow.

e) **Your kid isn't given enough work & they want/need to do something. Find out their interests & make the most of it.** My kids wanted to know more about the Coronavirus & other diseases, so they are working together (teamwork) to create a slideshow of the top 10 deadliest diseases. We also played the game Pandemic & labeled the 4 tokens on the board with Ebola, Spanish Flu, Coronavirus & the Black Plague.

f) **Your kid is DYING for social opportunities!** Sign them up for a social skills group. I offer some & there are some great ones on Outschool. Encourage them to "eat lunch" with their friends on FaceTime or Zoom. Did you know you can go on an online game site like Pogo.com & share your screen & controller with someone else & take turns playing all sorts of games (puzzles, hidden objects, etc.)

For those seeking more structure in their life….

Create a daily schedule

- For most kids, checking Google Classroom is the first step.
  - I've been encouraging my kids & the kids I work with to create online schedules for themselves in Google Keep on their Chromebooks or Reminders app on their iPads or phones.
  - If they like order → they can put the list in order & move things around as the day goes on (like if they decide they want to read now instead of later).
  - If they don't care about order (but know they have until a certain time to get things done) → they can check each task off as they do it.
- For younger children, you can take pictures with your phone or find Google images & create a menu of choices for them to do.
  - They can learn to follow a visual picture schedule.
  - If they have difficulty have them follow multiple steps. Start with one & then two & go up to as many as they can do & still be focused & happy.
- A good rule of thumb is 1-2 hours of schoolwork for Elementary (depending on the age, younger does less), 2-3 hours for 5^{th}-8^{th} graders & 3-4 hours for high school. If you have kids that have special needs these times should be tweaked to work best for your kiddo.

Allow for flexibility

Some days kids are getting lots of information from their teachers & other days not so much. So if one day something doesn't get done just work on it the next day. Think of the work as something to get done in the week vs. the day. Maybe you have more time during the weekend to help them because you're working full time during the week. Go easy on yourself & easy on the kids.

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BIG PICTURE…

→Find ways to focus on self-care to lower your stress as a parent.

→ Remember this is isolation schooling…not homeschooling.

→ This has never been done before. So get creative & have fun.

→ When it stops being fun for you it's not fun for your kids either.

→ When it gets overwhelming reach out to therapists & behaviorists to get the help you & your kids need.

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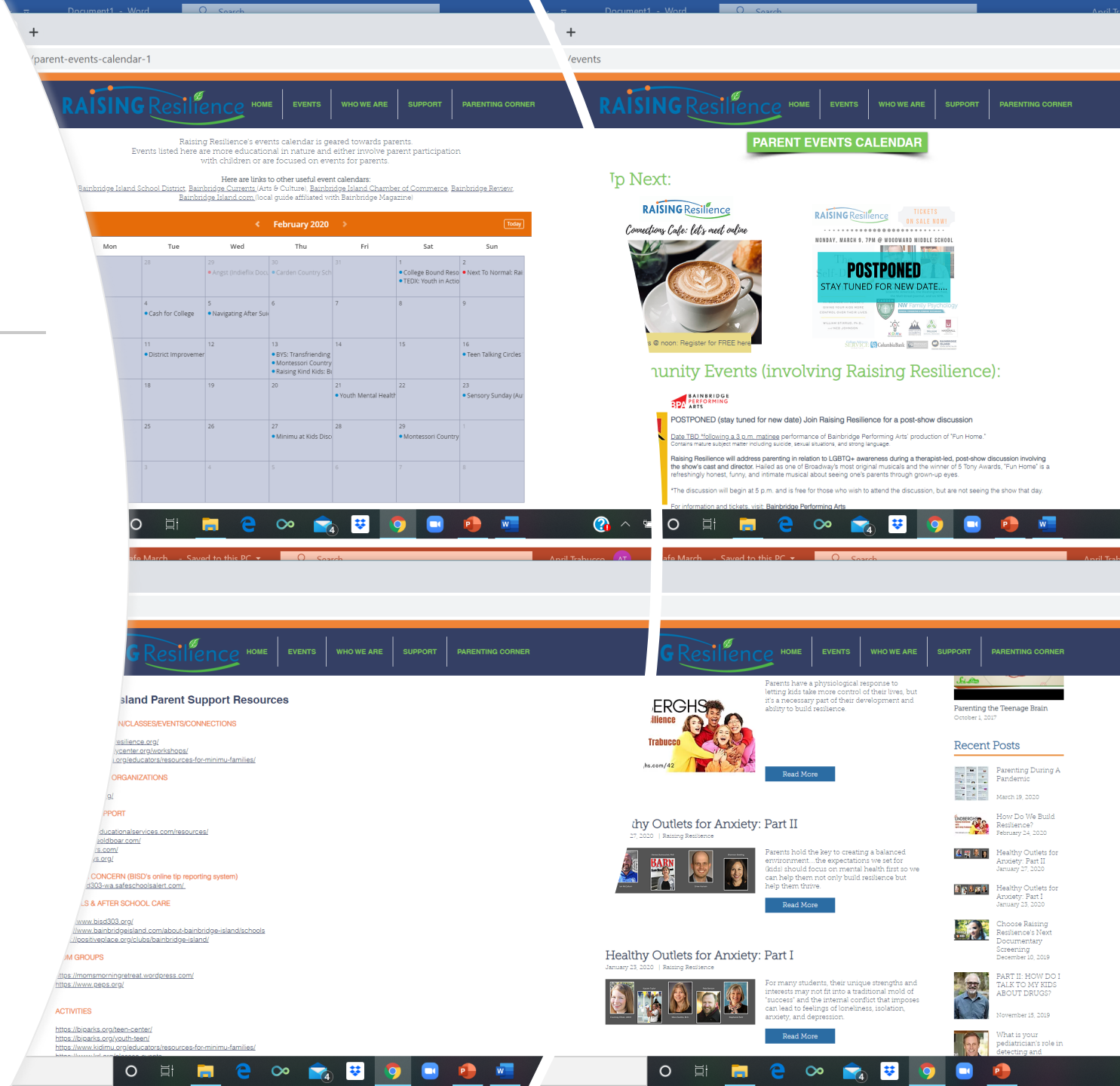
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