



DEER VALLEY
Unified School District

The 'New Normal'

Supporting Your Student in COVID Times

DVUSD Parent Coffee Chat August 2020



SOCIAL EMOTIONAL LEARNING

Today You Will Learn About:

- ★ Routines, Consistency, and Self-Care
- ★ How to Cope with Uncertainty and Build Resilience
- ★ How to Manage Behavior with Rewards



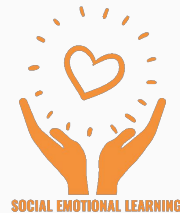
Routines

- ★ Meals
 - Have your child help you cook and clean up
- ★ Bedtime
 - Going to bed at the same time every night ensures better sleep
- ★ Schoolwork
 - Set up a place where your child can learn best
 - Use a reward system if needed
- ★ Practice Gratitude
 - Help others if you are able



Consistency

- ★ Children thrive on consistency
 - Even if they act like they don't like it
- ★ Family time
 - Schedule family meetings and check-ins for emotional health
 - Movie time, board games, puzzles, swim, read together
- ★ Maintain boundaries
 - Phones, TV, Video Games
- ★ Stay connected to your child's school
 - Read parent alerts and newsletters
 - Check-in with teacher regularly



Self-Care

★ Sleep

- Younger children need 10-12 hours a night
- Teenagers need 8-10 hours a night

★ Nutrition

- Less sugar, more whole foods

★ Exercise

- Free online classes
- Get outside

★ Social Connections

- Zoom or FaceTime with friends
- If you have other people in your bubble, see them regularly



Coping with Uncertainty

- ★ Establish and maintain a daily routine
 - Provides predictability, calm, and a sense of control
- ★ Listen to your child
 - Their worries, questions and feelings
 - Be aware of your child's mental health and watch for signs of depression and anxiety
- ★ Be honest and accurate about information
 - Only share what is developmentally appropriate
- ★ Monitor TV viewing and Social Media
 - Especially the news
 - Consider watching the news after your children are in bed



Signs of Anxiety

- ★ Feeling nervous, restless or tense
- ★ Having a sense of impending danger, panic or doom
- ★ Increased heart rate
- ★ Hyperventilating
- ★ Sweating, trembling
- ★ Feeling weak or tired
- ★ Trouble sleeping
- ★ Experiencing gastrointestinal problems
- ★ Trouble concentrating on anything but the current worry



Signs of Depression

- ★ Insomnia or oversleeping
- ★ Low appetite and weight loss or overeating and weight gain
- ★ Irritability, pessimism, hopelessness, mood swings
- ★ Persistent sad, anxious or empty mood
- ★ Loss of interest in favorite hobbies and activities
- ★ Wanting to be alone
- ★ Fatigue
- ★ Difficulty focusing or making decisions



Building Resilience

- ★ Be a role model
 - Children follow parent/adult reactions to things
- ★ Be mindful of how you talk about things
 - Online learning and/or your child's teacher
 - What's going on in the world and other frustrations you might have
- ★ Focus on the positive
 - Practice gratitude
- ★ Offer lots of love and affection to your child
- ★ Model basic hygiene and healthy lifestyle practices
- ★ Get your child professional help if needed



Managing Behavior with Rewards

- ★ You can set up a reward system to help manage your child's behavior
- ★ Child can earn points for:
 - Getting up on time/Going to bed on time
 - Shower/bath
 - Brushing teeth
 - Logging into class on time
 - Completing assignments
 - Cleaning their room and learning area
 - Helping with house chores
 - Helping with younger siblings/cousins
 - Following house rules



Managing Behavior with Rewards

- ★ Keep track of points
 - You or your child can tally
- ★ Reward daily or weekly
- ★ Example rewards:
 - Extra time on their phone
 - Extra time on video games or TV
 - Special time with a family member
 - Stay up later on the weekend
 - A new book or toy
 - Positive Certificate
 - Ask your child what they will work for



Parent Resources

★ Family Resources [\(Click Here\)](#)

- Food, financial, housing
- Counseling
- How to talk to your child about COVID
- Helping your family cope

★ DVUSD Social Emotional Learning (SEL) Support

- Your student is learning social and emotional skills weekly with their teacher [\(Click Here\)](#)
- Webpage for parent information on SEL [\(Click Here\)](#)

★ Positive Certificates

- Edit and print to celebrate your student's successes [\(Click Here\)](#)



What else would you like to learn?

Please complete this form to let us know what other topics you would like to learn about.

[Click Here](#)

Some possible topics:

- ★ Social Connection & Positive Relationships
- ★ Managing Stress & Anxiety
- ★ Practicing Mindfulness
- ★ Showing Empathy & Concern
- ★ Managing Big Emotions
- ★ Staying Motivated & Focused
- ★ Problem Solving & Decision Making



Questions or Needs?

*Email Erin Hatch at erin.hatch@dvusd.org to ask questions about any of the topics from today or if you need support with your children.

*Please put **'Parent Coffee Chat'** in the subject line*

Created By:

- ★ Erin Hatch, District AP of Culture & Climate
- ★ Stephenne Berger, District Social Worker
- ★ Nanette Jackson, District Positive Behavior Specialist

