



Helping Our Children Adjust to the New Normal & Tips for Back to School

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MEDICINE of THE HIGHEST ORDER

Community Conversation



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Some things are different...

- Wearing face-coverings
- Physically distant
- Hand-washing
- More rules
- Remote learning

How to Help Your Child Adapt to Wearing a Mask



Explain WHY

Use easy-to-understand language and positive phrasing.

For example, "Many people are sick right now. Wearing a mask will protect you from germs."



Practice Makes Perfect

Shape the behavior by breaking it down into smaller steps. Then practice & reinforce each step.

1. Holding the mask
2. Putting it against his or her face.
3. Securing the elastic.



Let's Pretend

Integrate masks into your favorite pretend play schemes.

Encourage your child to dress up as a doctor, nurse, or veterinarian.



Take a Picture

Ask family members or friends to take pictures of themselves wearing masks.

You can even arrange a virtual get together so everyone can show off their masks.



Get Creative

Allow your child to decorate their mask using crayons or markers.



If you are planning to make a DIY cloth mask, allow him/her to pick the fabric color or pattern.

Start with Familiar Clothing

Choose clothing that your child already wears and turn it into a mask.

Some ideas include: a scarf, balaclava or bandana



Stuffed Animals & Dolls Need Masks Too

Put a mask on your child's favorite stuffed animal or doll as a reminder that we are all in this together!



Wearing Masks

You can spread germs even if you feel healthy, so wearing masks keeps others safe from germs we may have.



Wear masks when it's hard to stay a safe distance from others you don't live with.



Germs can make us sick. They are too small to see, but we might carry them inside our bodies.



Masks are part of any super-healthy superhero's outfit!



Wearing masks is a great way to show we care about others.



Physical Distancing

Harder for kids who do not have a good sense of personal space to begin with!

Understood.org- TONS of resources for educators and parents.



Tu superpoder es
LAVARTE LAS MANOS



Practice Handwashing

Practice more frequent handwashing at home

Make it fun with a song

Teach your child mindfulness while washing hands



Help your kid handle it!

- Peer pressure to not follow the rules.
- How can we gracefully remind someone to follow the rules?
- Teasing about coronavirus.

PC- Social Story: My Nemours Visit



Be a leader.

Remote Learning

- ✓ Practice with free online resources before school starts

<https://www.montereybayaquarium.org/for-educators/learning-at-home>

<https://www.yahouston.org/creativity-pops>

<https://newvictory.org/>

- ✓ Routines are helpful
- ✓ Communicate with your school



Understood.org

Creative Ways to Communicate & Socialize

- ❖ Socializing your child to participate in video-calling
- ❖ Anxiety about socializing
- ❖ Friend/Family pods
- ❖ Ground rules for in-person socializing



Leaving notes or pictures for a neighbor
Neighborhood scavenger hunt
Pictionary, Charades, and Simon Says
Art/Talent Show
Window Tic-Tac-Toe



Some things are the same...

Remind yourself and your kids that even though you don't see the same people all the time, they still care about you.

-A Kid's Guide to Coronavirus- APA,
Magination Press

And if you ever have questions, or want to talk, your grown-ups are here to help you and to listen.

No sickness can ever change that!



Sources of Support

- ❖ Family/Friends
- ❖ URMC Pediatric Behavioral Health & Wellness- in-person and teletherapy/phone
- ❖ Library, School, Pediatrician
- ❖ If there is a resource or information that you need and can't find, please let us know. Aparajita_Kuriyan@urmc.Rochester.edu

Resources

[Family Resources by UPMC Pediatric Behavioral Health & Wellness](#)

Helping Kids Wear a Mask:

[Sesame Street Infographics](#)

[UPMC Developmental Behavioral Pediatrics Tool-Kit on wearing a mask](#)

Talking about Coronavirus with Kids:

[Meet the Helpers](#)

[American Psychological Association Kid's Books](#)

[KidsHealth.org](#)

Other:

[Back to School](#)

[Children's Mental Health](#)

[Parenting- Parents Helping Parents](#)

[Helping Teens with Social Distancing](#)

Upcoming Community Conversations

Date	Topic
September 24 th 2020 5:30-6:30pm	Partnering with Schools During the COVID-19 Public Health Emergency
October 22 nd 2020 5:30pm - 6:30pm	What to Expect when Looking for and Getting Behavioral Health Services for Children and Teens
December 3 rd 2020 12pm-1pm	What you Need to Know about Deciding If and When To Use Medication for Behavioral Health Challenges in Youth