

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

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MEDICINE of THE HIGHEST ORDER



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

Aparajita "Tuma" Kuriyan, Ph.D.

**Clinical Psychologist** 



## 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

- Holding the mask
- Putting it against his or her face.
- 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.



#### 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!



#### Take a Picture

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

You can even arrange a virtua 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







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









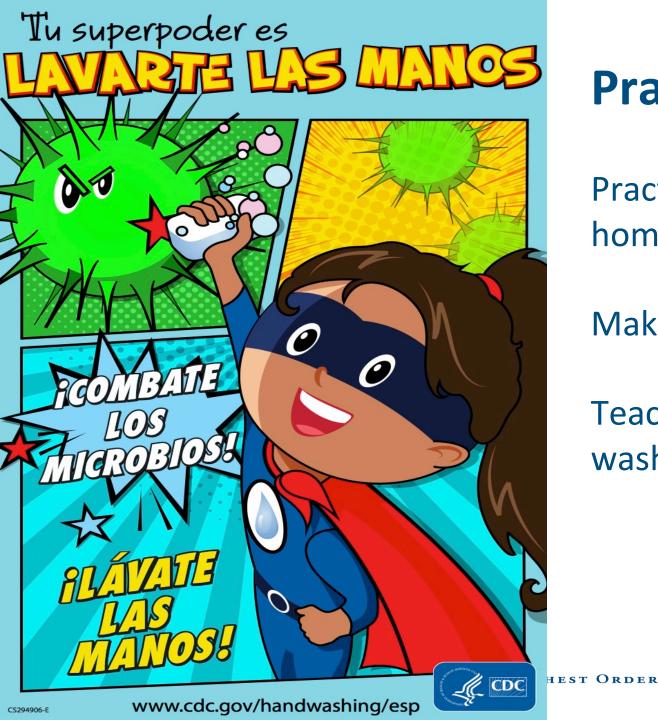
## **Physical Distancing**

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.







## **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. <a href="mailto:Aparajita\_Kuriyan@urmc.Rochester.edu">Aparajita\_Kuriyan@urmc.Rochester.edu</a>



### Resources

Family Resources by URMC Pediatric Behavioral Health & Wellness

Other:

Helping Kids Wear a Mask:

**Back to School** 

Sesame Street Infographics

Children's Mental Health

URMC Developmental Behavioral Pediatrics Tool-Kit on wearing a mask

Parenting- Parents Helping Parents

Talking about Coronavirus with Kids:

Helping Teens with Social Distancing

Meet the Helpers

American Psychological Association Kid's Books

KidsHealth.org



## **Upcoming Community Conversations**

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

