

FALL 2020

# BACK TO SCHOOL

PARENT RESOURCES FROM SPECIALIZED SERVICES



## TAKE A PEEK!

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## WELCOME BACK!

I want to take a moment to thank you for your partnership in your child's education. We are so thankful to all of our parents and families that are coming alongside their child during such a historical time in education.

We want to partner with you in this journey. I hope that you will find some useful tips in this newsletter on how to support your child during distance learning.

Please know, we are all still learning. If you need assistance, please reach out to us in Specialized Services. We would love to brainstorm ideas to help your child.

We are here to help!

With gratitude,  
Danielle Walker  
Senior Director, Specialized Services

# Tips for Successful Distance Learning

## Work Space

Set up a separate work space for your child to do distance learning at a desk or table.

This area should be separate from play areas and free from distractions including sounds, siblings, pets, windows and easy access to leave the area. Have supplies and devices ready in your child's work space.

## GET A GOOD START

Start the day with **breakfast and ample time to get ready for school like in-person. The structure helps prepare your child to learn.**

## HELP!

If your child is struggling, please reach out to his/her teacher. If you need more assistance, request help here:

<https://bit.ly/SPEDhelp>

## Need more structure?

- Set a timer
- Use a visual schedule
- Provide movement breaks
- Give rewards (e.g. stickers, snacks, small prizes) for completing assignments and participating
- Establish daily routines

**See Page 3 for examples**

## How to create a visual schedule:

A visual schedule can be an excellent way to structure the school day and provide routine for your home. A visual schedule can be as simple as writing down a list of the day's activities or pictures to represent each work period. If a full day is too much for your child to process all at once, you can list two or three activities at a time. They can cross or check off these activities as they finish them. Be sure to include fun things like breaks and reinforcers as well as the work tasks so they can have things to look forward to.



### Little Johnny's Schedule

	8:20 - Put back pack away and begin working on morning work.
	9:00 - Morning Meeting
	10:00 - Math
	11:00 - PE
	12:00 - Lunch
	1:00 - Reading
	2:00 - Get back pack and put away items
	3:00 - Bus

## Movement Break Ideas

Jumping jacks  
Walk on tiptoes across the room  
Run to check the mail  
GoNoodle videos ([gonoodle.com](http://gonoodle.com))  
Kids Yoga videos from YouTube  
Stretch  
Dance  
Go for a walk  
Play catch or kick ball  
Meditation or mindfulness activity  
Use a stress ball or other hand held item  
Play tag or hide and seek  
Wall or chair push ups  
Plank challenge  
Run in place  
Animal walks (bear, crab, duck)  
Jump rope



## MANAGING STRESS/ANXIETY RELATED TO COVID-19

FROM NAMI- COVID-19 RESOURCE GUIDE  
[HTTPS://WWW.NAMI.ORG/COVID-19-GUIDE](https://www.nami.org/covid-19-guide)

Many of us are feeling stressed or anxious during this time. According to NAMI ([nami.org](http://nami.org)), here are some things that parents and children can do to prevent additional stress and reduce anxiety:

1. **Manage how you consume information** by limiting news consumption. Limit the time and the type of information you receive.
2. **Follow healthy daily routines as much as possible.** This includes getting dressed, exercise, taking breaks to move, maintaining good diet and hygiene, and prioritizing sleep.
3. **Take care of yourself through exercise and movement.** Exercise can improve your physical and mental health. When we exercise, our brain releases chemicals that help us manage stress and anxiety.
4. **Practice relaxing in the present moment.** Mindfulness and meditation strategies may be helpful.
5. **Do meaningful things in your free time.** This may include reading, learning new skills, art, home improvement projects, or cooking.
6. **Stay connected with others and maintain your social networks.** Stay connected with others through phone, email, social media, and video calls. Virtual dinners, crafts, video games, book clubs, or exercise may be good ways to connect from a distance.

### NEED HELP NOW?

NAMI MENTAL HEALTH HOTLINE:  
TEXT "NAMI" TO 741741 TO CHAT  
WITH TRAINED CRISIS  
COUNSELOR

CA WARMLINE (NON-CRISIS)  
(855) 845-7415

SAMHAS DISASTER DISTRESS  
HOTLINE (800) 985-5990

NATIONAL SUICIDE PREVENTION  
HOTLINE (800) 273-TALK

TREVOR PROJECT SUPPORT FOR  
LGBTQ YOUTH AND FRIENDS  
(866) 488-7386 OR TEXT "START"  
TO 678678

TRANS LIFELINE SUPPORT FOR  
TRANS INDIVIDUALS  
(877) 565-8860

### BUSD Mental Health Resources:

**BUSD Calm Room:**

<http://bit.ly/BUSDcalm>

**BUSD Wellness Resources:**

<http://bit.ly/BUSDwell>

**Gladstone Counseling Corner:**

<http://bit.ly/GLCounseling>

**Grace Miller Calm Room:**

<http://bit.ly/GMcalming>

**Roynon Calm Room:**

<http://bit.ly/ROYcalming>

**Shull & Ekstrand Mental Health:**

<http://bit.ly/ShullEkstrandMH>



# How to Help Your Child Adapt to Wearing a Mask

7 Quick  
Tips for  
Parents



## 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."



## 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.



## 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.



## 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!



FOR MORE INFORMATION VISIT [BIASBEHAVIORAL.COM](http://BIASBEHAVIORAL.COM) OR FOLLOW @BIASBEHAVIORAL ON SOCIAL MEDIA

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KIDS WEARING MASKS CLIPART  
BY: BUNNY ON A CLOUD

Additionally, you can set a timer for your child so they can see how long they need to wear the mask. Start with smaller increments and build them up. You may also want to use positive reinforcement for your child when they leave the mask on for the entire time you have indicated. Reinforcement can come in a variety of forms (i.e., verbal praise, high fives, special treat, fun activity, or whatever else your child will be interested in) so use what works best for you and your child.