

Engaging Our Kids During COVID/Pandemic

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How Has Your Child Been Handling the Change of Schedule?

- ▶ There is such a shared experience in all of us being in the house due to the pandemic.
- ▶ We are all under stress and there are high emotions.
- ▶ Our children are feeling the stress of the world outside as well the stress of not being able to move freely outside or be in school.
- ▶ So many people have been sick and have family members that are sick.
- ▶ Have you noticed how your child is either adjusting to homeschool learning model or not adjusting well to the change? Video games?

How Have You Been Handling The Change

- ▶ Have you been assisting your child with school work?
- ▶ Are you finding it hard to engage your child in their school work?
- ▶ Is your child struggling with school/life work balance? How are they managing the work? Is your child engaging the teachers? On Zoom calls?
- ▶ Are you able to connect with your child daily? Having talks/conversations?

Tips to Thrive During These Times

- ▶ Be honest with your children about what is going on, as much as they can understand
- ▶ Encourage your child to connect with teachers often and ask for help when needed
- ▶ Take time for self (take a bath, have some “me” time) so you can recharge
- ▶ Have an agenda/schedule each day (if needed), so everyone can be productive (time for schoolwork, play, outside time)
- ▶ Manage your time as a parent so you can feel productive (especially if we are not used to being home all day)
- ▶ Find ways to have fun (go for a family walk, family activities, talk/engage, play games)

Activities With Our Children While Home

- ▶ Time spent playing physically, outside if you are able to. Children need to run and stretch and play in motion. Older kids can go out for a walk/run
- ▶ Time spent in different activities. This helps to fight boredom. Family games/conversations. Pick a topic a day/week
- ▶ A mix of quiet and more rambunctious activities. Parents and children need some quiet time during the day. This could be time spent reading, playing quietly for younger kids, or watching TV. Make sure you model how to spend this time especially for smaller children. Sit on the couch and read your book or meditate to practically show your child how you need quiet time too.

Activities cont...

- ▶ Reading and enjoying stories, movies count too
- ▶ Creative activities like painting, Play-Doh, cooking, or crafts (with younger kids)
- ▶ Time spent together, talking, hugging, and sharing (highs/lows of the day)
- ▶ Tablet time or video games (structured time is healthy as well as non-structured time for video games and work time - eg. no video games until work is completed)

Connect if you need assistance/support....

BREAKING:

GETTING OUTDOORS NOT CANCELLED

MUSIC NOT CANCELLED

FAMILY NOT CANCELLED

READING NOT CANCELLED

SINGING NOT CANCELLED

LAUGHING NOT CANCELLED

HOPE NOT CANCELLED

LET'S EMBRACE WHAT WE HAVE.

unsinkable.