

COVID19 School Closure Considerations

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Notes:

What to anticipate and where are the positive opportunities during this difficult time?

Anticipate schedules changing and having to adapt.

Consider adding structure to your child's days and not letting it be a free-for-all.

- Create a plan, print, post it (with buy-in/ownership)
- Remember to block out big chunks for schoolwork. I do not recommend "a little bit each day"
- Plan in connection and fun
- Plan in digital breaks as a family
- Plan time for UGYG/EF

Consider actions that might be good during this time.

- Use this time to dive back into UGYG and to build executive function skills and tools
- Use this time to invest in your relationship with your child (use pre-conversations to explain what's coming)
 - Plan quality time to deepen your connection, improve healthy and secure attachment, to listen deeply to your child.
 - Plan time to work through problems, coregulate, attune, notice nervous system
 - Plan time to have fun, play, connection WITHOUT discussing school or anything heavy whatsoever
 - Build new family traditions that build more connection and fun
 - Microprojects. Plan time to overhaul parts of the house (declutter, downsize, minimize, recycle, donate or trash old clothes, toys, books, etc.. Chunk it into reasonable projects with buy-in/ownership, print, post, plan.)
 - Use timers more.

- Keep using planners, calendars, daily plan experiments.
- Implement more visual cues for habits and routines.
- Plan summer together, with levity and structure
- Do things you've wished you had time to do with your child

Other thoughts

- Talk about covid19 openly, honestly but sensitive to nervous system and narrative
- End conversations with attunement, coregulation, connection and regulated nervous systems (model regulation)
- Don't talk about it before bed
- Kids with anxiety, depression, HSP, model regulation & self-talk/think alouds
- Breathe. Model breathing, stillness, presence, breathwork, etc..

Finally, the relationship is always #1. We all have a desire to feel connected, to matter, to feel significant, to feel valued. This is a time where you can practice trying to leave every interaction on a high note where your child feels these things. Even difficult interactions can end with a heartfelt comment.