

## IS IT OKAY FOR MY CHILD TO HAVE PLAYDATES AND GATHERINGS WITH OTHER CHILDREN OR TEENS?

Children were sent home from school, businesses closed, and people began working from home so they would not be exposed to other children and adults who might unknowingly have the coronavirus. Having children gather with other children or teens can defeat the purpose of the social distancing and shelter in place measures we are being asked to do. Although most children are not in danger of the illness themselves, keeping them home is an important part of limiting the spread of infection. Please refer to information related to our [social distancing instructions](#) from the Placer County of Health Department and the [CDC guide](#) to helping families cope with COVID-19.

Rachel Busman, a child and adolescent psychologist with the Child Mind Institute in New York, said the still-developing adolescent brain can exhibit traits such as impulsiveness, unsound judgment, egocentricity, and more, only now teens with thoughts of invincibility can potentially do real harm to themselves and others ([link](#)).

Research indicates that adolescents ages 15-17 go through a stage of development where they experience numerous social and emotional changes including increased self-involvement and an increased drive for independence. As teens get older, their need to connect with friends increases. This can make social distancing, during a time of 'family-distancing,' very difficult.

Here are some references to help parents understand and talk with their teens, and suggestions of things to do with your teens including how to encourage them to connect with friends remotely.

[Teens & Covid-19;](#)

[Tips for parents of teens;](#)

[Tips for parents of teens #2](#)

[Screen time benefits for kids during shelter-in-place](#)

[How to keep kids busy and connected](#)

[Giant list of things to do with kids at home](#)

[Art resources During Covid-19](#)

## MY CHILD KEEPS COMPLAINING THEY ARE BORED. WHAT CAN I DO TO HELP?

Keeping a routine is important but also remember to enjoy this time together as a family by learning about new things and places. Google's [arts and culture collection](#) gathers a variety of new learning opportunities for families including [touring national parks](#), . There are a number of [authors who are reading](#) to children nightly, [music concerts and operas](#) that are free to access, [virtual field trips](#) to zoos, aquariums, farms, museums, planetariums, [museum tours](#). Visit [outer space](#). Watch an [opera at the MET](#). Tour the [world](#). Listen to [audiobooks](#) for free. [Learn a craft](#). [Exercise and have fun](#) with Sami. Learn a [language](#). Some families are getting creative with singalongs, dance parties, musical activities, movie theme dress up nights and movie games and [activities](#). Other learning opportunities and fun can be found in the kitchen and garden with video tutorials directed especially for children and teens.

## **IT HAS BEEN HARD TO GET MY CHILDREN TO GET ALONG OR LISTEN TO ME. WHAT CAN I DO?** (Marisa and Anne-Marie)

[Common Child Behavior Problems and Their Solutions](#) has a number of solutions for common behavior issues parents are reporting during this time home. Additionally we have located 6 one-page tip sheets for parents that cover a variety of activities and issues related to behavior.

Other resources to help parents interact with their children during this time of confinement.

[Building quality One on One time with children and teens](#)

[Staying positive.](#)

[Structure Up](#) - Building a routine

Working with [Bad Behavior](#)

[Keep Calm and Manage Stress COVID-19 PARENTING](#)

[Talking about COVID-19](#)

[6 Parenting Tips during COVID-19](#)

## **MY CHILD IS NOT ENGAGING IN DISTANCE LEARNING. WHAT CAN I DO?**

1. Establish and maintain a daily routine that includes set times for learning. Keeping a regular schedule provides a sense of control, predictability, calm, and well-being. It also helps children and other family members respect others' need for quiet or uninterrupted time and when they can connect with friends virtually.
2. Have set homework time so they know when it is free time and when it is class work time.
3. Consider setting up a set place for learning that is in a space where you can monitor such as the kitchen table or a desk. Make sure that space has all of their materials needed so they are ready to engage when it is class time.
4. Familiarize yourself with classroom resources and how assignments are posted in the system. Have your student show you their Google Classroom or the schedules they are given.
5. Control their access to certain activities until you know that they've made progress on their academics. Hold onto remotes, tablets, phones, or other desired items until they've discuss what coursework was accomplished for the day. If there was no explicit homework, make access to those items contingent on reading progress.
6. Reach out to your child's teacher for suggestions and partnership.

7. Have them wake up at least an hour before online classes start so they can be moving and preparing for class. Making sure they have time for breakfast, hygiene habits, or morning stretches can help bolster their ability to maintain attention in class.
8. Reach out to other parents and ask how they've set up their distance learning program at home.

Parent's Guide to Home Distance Learning - Kid's Academy

<https://www.kidsacademy.mobi/storytime/home-distance-learning/>

8 Tips to Help Your Child Focus and Stay Engaged During Distance Learning - John Hopkins

<https://education.jhu.edu/2020/04/8tipsforfocus/>

## **WHAT IF MY CHILD IS SICK OR NOT WELL ENOUGH TO PARTICIPATE IN SCHOOL OR WHAT IF WE HAVE A FAMILY EMERGENCY AND I AM NOT ABLE TO HELP MY STUDENT WITH SCHOOL WORK?**

- Just like in normal school times we encourage parents to communicate student and significant home disruptions to the school so we know why your student is not engaging in distance learning. We understand that these times are unusual and learning sometimes has to take a backseat to life. Please reach out directly to your student's teacher.

### ADDITIONAL RESOURCES:

#### **Helping Children Cope With Changes Resulting From COVID-19**

[https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/03252020\\_NASP\\_NASN\\_COVID-19\\_parent\\_handout.pdf](https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/03252020_NASP_NASN_COVID-19_parent_handout.pdf)

[Greater Good's Guide to Well-Being](#) (Loads of links to Podcasts, articles, and websites)

### **Social Emotional Lessons for Parents and Students**

- Managing Stress Before it Manages You
- Navigating Relationships in Tight Quarters