

Superpowers For You and Your Child To Stay Mentally Healthy During COVID-19



These resources are simple, yet effective strategies that can help ease the stress of remote and hybrid learning for you and your child(ren).

Practical Strategies to Keep your Child Engaged

1. Provide opportunities for stretch breaks
2. Set a routine and expectations. What should I be doing when I am learning virtually? Have a conversation with your child about how that should look and sound.
3. Provide an option for your child to work standing up to help with engagement.
4. Set up a consistent work space, preferably not on a bed or couch if you find that your child is having difficulty remaining focused.
5. Create an incentive chart together if your child appears to be unmotivated.

Seeking Opportunities for Connections with Others

1. Create virtual playdates even if they don't do much during the call
2. Host a virtual Netflix Party (Anyone with a Netflix subscription can add a [free google chrome extension](#))
3. Organize small, supervised outdoor physical distancing gatherings
4. Go retro and mail letters
5. Look for or Create Neighborhood Scavenger Hunts
 - a. [See St. Patrick's Day Neighborhood Scavenger Hunt](#)
6. Organize a virtual cooking or baking session with friends or family members. Share a recipe and plan to make the same thing together through zoom, google meet, facetime, skype or any other virtual connecting platform you choose.

How to Support Your Child's Emotional State (Click to Access Article)

1. Be mindful of what your child hears and sees on tv, online, and on the radio. It's really important to consider limiting the amount of screen time particularly associated to COVID-19. Too much COVID-19 information can increase anxiety, especially in children.
2. Manage your own feelings. If you're feeling anxious, fearful, or angry, take some deep breaths to reset yourself before choosing to respond to your child.
3. Help your child sort through information online. Some information, stories, social media posts may be misleading or based on inaccurate information. Take the time to look through the information together and discuss.
4. Maintain Structure and Routines
5. Know that children and teens often worry more about family and friends than themselves.
6. Help your child feel in control when possible.
7. Be an emotionally stable role-model for your child. Children learn how to manage their emotions from what they see around them. If you need more information on how to do this, [click here](#).

Emotional Regulation Strategies (Click to Access Article)

1. Express, don't repress
2. Reflect Back
3. Ask Questions
4. Show Empathy
5. Set a Good Example
6. Deep Breathing
7. Encourage Activity and Exercise
8. Have your Child Take a Break
9. Encourage your Child to Talk to a Trusted Adult
10. Provide Safe Outlets for Venting

Contact Us

You are not alone

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**You can always contact your child's school principal, counselor, teacher or mental health professional found on the district staff directory page*

More Helpful Resources

- [Health, Wellness, and Mindfulness Resources for Home](#)
- [The Child Mind Institute](#)
- [Rogers Behavioral Health](#)- great resources for families on mental health.
- [6 Ways to Make Your Child Feel Loved](#)

School Counselor Websites

- [Grades 6-8](#)
- [Grades 4-5](#)
- [Three Bridges School](#)
- [Whitehouse School](#)
- [Mr. Tumolo's SEL Website](#)

Book List

- [What To Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety](#)
- [Helping Your Anxious Child: A Step By Step Guide for Parents](#)
- [The Kissing Hand](#)- (Elementary Level)
- [The Out-of-Sync-Child: Recognizing and Coping with Sensory Processing Disorder](#)



Sources

- [thearkgroup.org](#)
- <https://www.thechildren.com/health-info/conditions-and-illnesses/how-support-kids-mental-health-during-covid-19-pandemic>