



Mountain Plains (HHS Region 8)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

TIPS FOR EDUCATORS: SUPPORTING PARENTS THROUGH THE PANDEMIC

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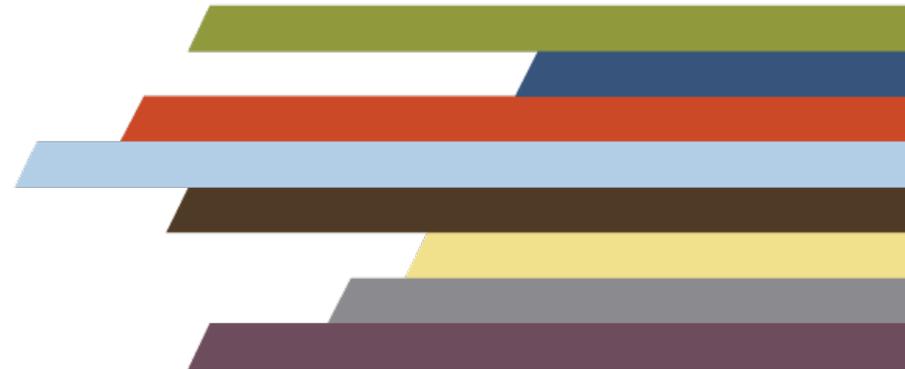
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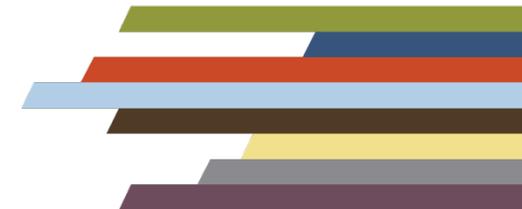
Substance Abuse and Mental Health
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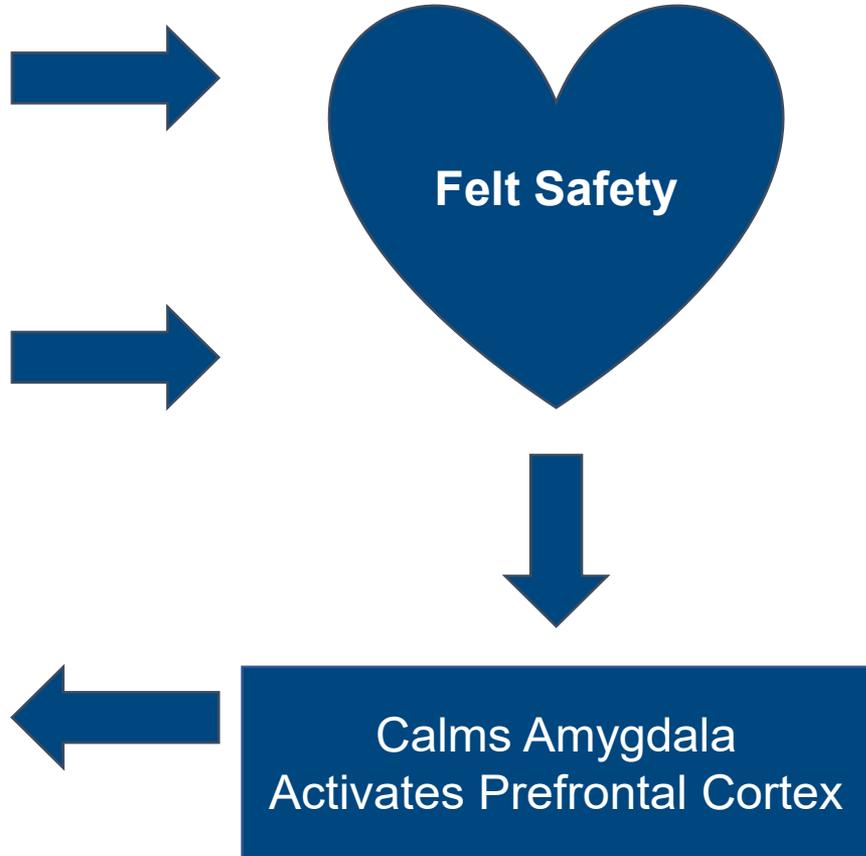


DEAR PARENTS,

**THERE IS NO ACADEMIC EMERGENCY
THIS WEEK, SO DON'T BE SO QUICK
TO SET UP A HOMESCHOOL. OUR
COUNTRY IS IN CRISIS, AND WE ARE
ALL STRESSED AND TIRED.
STRESSED ADULTS CAN NOT TEACH
STRESSED CHILDREN. IT IS A
NEURO-BIOLOGICAL IMPOSSIBILITY.
TRY FOCUSING ON CONNECTIONS
AND FEELINGS OF SAFETY.**

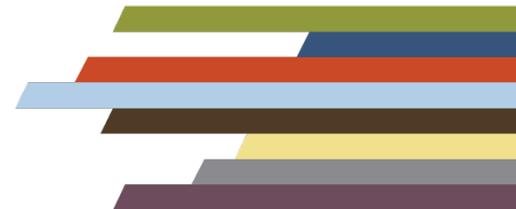
Tips for Educators

- Empower
 - Ecological
 - Physiological
- Connect
 - Mindfulness
 - Engagement
- Learning Brain



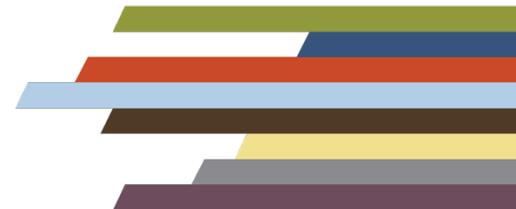
Empowering Through COVID-19

- Ecological (Environment):
 - Transitions, Rituals, Artifacts.
 - Ex. Morning/End of day routines, schedules,
 - Creates predictability, structure, and meaning.
 - Reduces anxiety, helps calm the body.



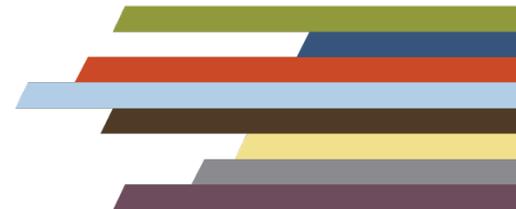
Empowering Through COVID-19

- Physiological (Body):
 - Nutrition - Helps regulate blood sugar. Improves mood regulation. Improves Immunity!
 - Snack every 2 hours. High protein snacks are best, and nuts are okay!
 - Exercise – Schedule movement breaks; integrate movement into learning.
 - Rhythm sensory input helps balance the nervous system. Proprioceptive and Vestibular are best for calming. Give parents tips for calming at home.
 - Water - Decreases aggression, increases attention, improves sleep
 - Provide continuous hydration.
 - Sleep – Emphasize sleep routine and quality sleep
 - 7-9 hours adults
 - 8-12 children, depending on age and needs
 - Support – Encourage socially distanced connections with counselors, clergy, family and friends



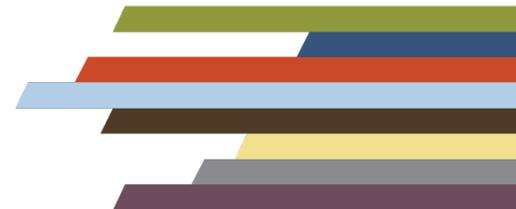
Connecting Through COVID-19

- Mindfulness
 - Undivided Attention
 - Calm Presence
 - Attunement & Awareness
 - Give voice
 - Flexible Responding
 - Creative Problem Solving



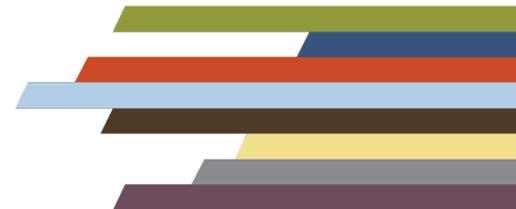
Connecting Through COVID-19

- Engagement
 - Encourage learning through fun family activity
 - Explore nature
 - Bake, build, create
 - Learn a practical life skill (change a tire, check the oil, do your laundry, etc.)
 - Have fun while learning.
 - Make a game of it. Use flashcards. Be silly.



Prioritize Needs

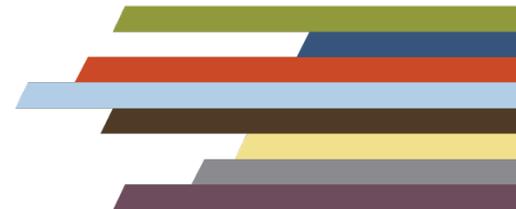
- What are the parent's top 3 priorities at this time?
 - i.e., health, safety, family, finances, mental well-being, education, etc.
- Consider what activities are available right now to help the parent achieve their priorities.
 - e.g., nutrition, exercise, employment, time for myself, family time, medications, socialization, etc.
- How can these activities be built into the parent's daily routine?
- Which activities can be combined?
 - Scheduling a fun family activity = safety & family & learning
 - Taking a scheduled calming break or nap = personal time & exercise & mental well-being



Create the Schedule

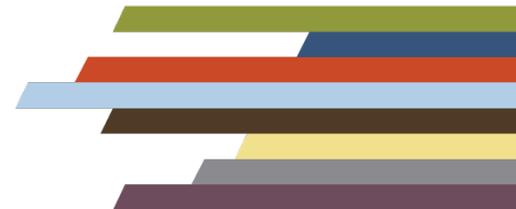
Mon. – Thurs. Block Schedule					P.M. routine	Fri.	Sat.	Sun
9a-10a	10a-12p	12p -1p	1p-3p	3p-5p	5p-8p	OFF	Chore	Family
If.... wake dress eat meds vitamins hygiene	If... 45 mins school 20 mins art/craft 20 mins outdoors 10 mins reading	If... Lunch Dishes 15 mins rest time	If... 45 mins school 20 mins exercise 20 mins group activity 10 mins reading	If... 20 mins school Clean up Prep for next day Set table	If... Dinner Chore Bath Put away toy Pick up room	Relax Stay Calm Get Along Be Kind Leave mom alone!	If... List of chores Laundry	Family Activity & Outside Time
Cereal	Pretzels	Chicken	Veggies	Fruit	Cookies	School	Favs	Take out
Then... TV	Then... Free Time	Then... Internet Time	Then... Free Play	Then... TV	Then... Video Game	Then... your choice	Then... Your choice	Family Movie

• SAFE CHILD
+
• CONNECTED CHILD
=
• LEARNING BRAIN



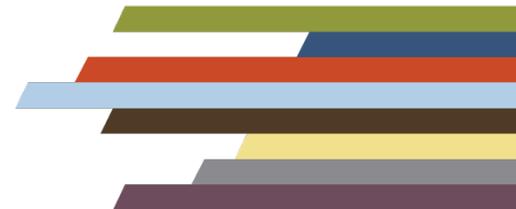
Identify Families with Specific Needs

- Children with 504/IEP Plans
 - Learning Problems
 - Behavior Problems
- Families with COVID-19 high risk category members
 - Immunocompromised – i.e., recent illness, chronic disease, asthma, 60+ years.
- Families with infants, low income, single parents, substance abuse or mental health problems, and parents still working outside the home.
- Reach out, regularly connect, offer support, be flexible, adaptable and solution focused.



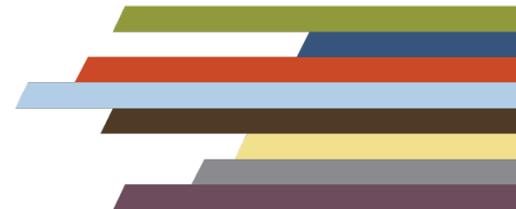
TIPS for Educators

- Hold office hours
- Clear & concise communication
- Do your best to reduce workload, emails, etc.
- Emphasize repetition (i.e., math) & reading
- Archive videos & lessons
- Identify essential vs. optional schoolwork
- Provide alternative learning methods for specific families



TIPS for Educators

- Take Care of yourself & your family
- Educators are in crisis mode too
- Implement a routine
- Set limits and boundaries with others
- Practice daily self-care
- Sleep, sleep, sleep (8-10 hours)
- Balance your brain!
 - Tapping Exercise
 - Add an even though...statement



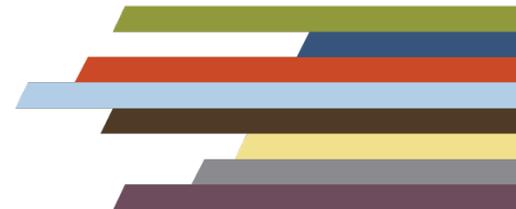
New Resources from the Mountain Plains MHTTC

- Access the Mental Health Resources for Parents and Caregivers during COVID-19

[Click Here](#)

- Access the Mental Health Resources for Educators during COVID-19 by

[Click Here](#)



Citations

- Karen, R. 1998. *Becoming Attached: First Relationships and How They Shape Our Capacity to Love*. Oxford Press, New York, NY.
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