

Counselor Corner

PBIS at Home

If your child has a difficult time with things ending, or moving from one activity to another, try giving warnings of upcoming transitions. One way that we do this at school is by using timers. You can try this at home, too. It is best if your child can see the timer, especially if they are younger or don't have a good sense of time. You can find free timers to display on a phone or computer by searching "visual timer," or you can use a kitchen timer or the timer on your cell phone.

Let your child know how many minutes they have for an activity, and then set the timer. If possible, give your child a verbal reminder when there are five, three and two minutes left.

Another way that you can use a timer is to have your child race a stop watch. Sometimes, a race can make a less desirable task more fun. For example, ask your child if they think they can pick up all of their Legos in four minutes. Make sure to play it up, and give them a "ready, set, GO!"

Sleep Suggestions

Times of
and
can
kids' and
sleep.
thought
share
ideas
help kids
adults
sleep.

6 Tips to Help Your Child GET A GOOD NIGHT'S SLEEP!

- 1** Set a regular bedtime and wakeup schedule for your child, and stick to it.
- 2** Make your child's bedroom a quiet, dark, cool environment for sleeping.
- 3** Establish a relaxing bedtime routine. A warm bath before bed, singing or listening to soft music, warm milk or story time, all help a child relax and settle down.
- 4** Avoid giving your child sugary snacks or drinks at least six hours before bedtime.
- 5** Avoid scary stories or television shows and movies before bed. Even the evening news may be troubling to children before bed.
- 6** Make sure your child gets regular exercise. Avoid vigorous activities right before hand.

The following tips were taken from Anthony Jackson, MD, a board certified pediatric neurologist and pediatric sleep specialist.

Baystate Children's Hospital

stress
change
impact
adults'
We
we'd
some
that can
and
with their

<https://www.baystatehealth.org/news/2016/02/6-tips-to-help-your-child-sleep>

- Keep in mind that 3-5 year-olds need 10-13 hours of sleep and 6-13 year-olds need 9-11 hours of sleep per night
- Try to keep the same bedtime and wake time each day (even weekends)
- Have a consistent bedtime routine (can include bath/shower, brushing teeth, putting on pajamas, calm music, reading, etc.)
- Stop using electronics 1 hour before bedtime (and don't use if awake during the night) or doing other activities that are stimulating - may want to consider keeping phones, tablets, tv's out of kids' bedrooms or putting on parental controls that allow them only to be allowed during certain times
- Encourage exercise/movement and getting energy out during the day
- If a child seems to be having difficulty sleeping due to worry, encourage them to talk about it earlier during the day

More ideas from Seattle Children's Hospital can be found at the link below -
<https://www.seattlechildrens.org/globalassets/documents/healthcare-professionals/pal/family/family-sleep-hygiene.pdf>

From Children's Hospital of Orange County -
<https://www.choc.org/wp/wp-content/uploads/2016/04/Sleep-Hygiene-Children-Handout.pdf>

In case you missed them, look at our previous Counselor Corners for ideas about:

Week 1 (4/2) - Calming Strategy (Break Spot), Videos About Explaining the Virus to Kids, Self-Care

Week 2 (4/9) - Managing Feelings, Technology Tips

Week 3 (4/24) - Home Reward System, Hand-washing Tips

Week 4 (5/1) - Giving kids specific positive feedback, task list for kids, Sesame Street and CNN Town Hall on the Coronavirus

Week 5 (5/8) - Taking breaks, Calming tools

If you have any questions or need more information/support please reach out to us:

Ms. McCoy

City Connects Site Coordinator

mccoys@springfieldpublicschools.com

Katie Potito

School Adjustment Counselor

potitok@springfieldpublicschools.com

Erin Vorwerk

School Adjustment Counselor

vorwerke@springfieldpublicschools.com