## **Counselor Corner**

## **PBIS** at Home

Are you experiencing power struggles at home when it comes to the kids getting their schoolwork done? Lots of families are experiencing this challenge right now. Here are a few ideas to help get you and your family through the next few weeks (and these ideas can help out in general):

**Make a to-do list and give choices:** help your child make a to-do list of all required assignments and household responsibilities. Once everything is written down, give your child choices. "You need to do one piece of schoolwork today. Which one would you like to choose?" "Would you rather do your math before or after lunch?"

**Use specific positive praise:** be sure to acknowledge when your child does something that you like/something that you want them to keep doing. Being as specific as possible gives your child more information. "I like the way you completed your assignment without complaining today."

**Use when/then:** instead of the classic "yes I am," "no you're not" argument, try when/then. This gives your child what they want, accomplishes what you want, and doesn't leave room for an argument. "When you finish your math assignment, then you can use the tablet." Sometimes this may also be if/then. "If you finish your reading before 4:00, then we will have time for a walk at the park before dinner."

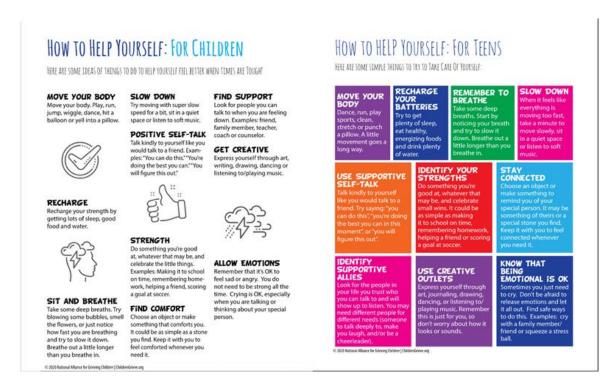
**Build in some rewards and fun:** Make a paper chain to count down the days left of school. Make one link for each day left. On each one, write the number of days left. On some (or all if you choose) write a reward that your kid can get for completing their assignments that day. Some ideas for rewards: getting a small prize, making cookies, choosing a movie for family movie night, playing a family board or card game, choosing what's for dinner, staying up an extra half an hour, having extra play/computer time, a water fight. Let your child know that the link for each day is to be torn off after work is completed for that day. Of course, offering a reward to look forward to can be done without the chain, too.

For more information and ideas, check out this article! <a href="https://www.positiveparentingsolutions.com/parenting/positive-parenting-during-pandemic">https://www.positiveparentingsolutions.com/parenting/positive-parenting-during-pandemic</a>

## **Dealing with Loss/Grief**

Kids and adults are facing the loss of many things during this time – for some, the loss of loved ones, and for others the loss of routines/normalcy, being able to see friends and family, jobs, and even events or activities such as playing on a sports team, getting to celebrate the end of the school year or graduation with friends, or being able to celebrate a birthday with friends or family. They may feel loss over not knowing what the future (even the coming months or school returning in the Fall) holds. It's okay to feel a sense of loss over any of these things.

Here are some ideas to help deal with the sense of loss:



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- Make sure you have structure and routines at home that help the days feel more predictable
- Find creative ways to celebrate or acknowledge the events that didn't get to happen (i.e. a virtual get together, a celebration with your immediate family, having your own step up ceremony at home, having a special meal, etc.)
- Encourage kids to move (dance, do kids workout videos, GoNoodle movement videos, jumping jacks, or check out Mr. Verde's activity ideas on our Fun and Calming Activities page)
- Encourage kids to express themselves (draw, journal, "paint" using shaving cream, sing)
- Help kids stay connected to friends and family (using technology while supervised, calling/texting, or even mailing notes)
- Regularly check in with them about how they're doing (realizing that they may feel some loss more at different points, i.e. when step up, a sports championship, or dance recital would have been)
- If you feel that you or your child need more support, Shandria McCoy, our City Connects Coordinator would be happy to help connect you with community resources.

To learn more, visit:

https://www.magellanhealthcare.com/documents/2020/04/covid-19-grief-and-loss.pdf/

https://www.caredimensions.org/blog/?pid=Helping%2DChildren%2DCope%2DWith%2DLoss%2DDuring%2DCOVID%2D19%2DPandemic-1329

https://www.mghclaycenter.org/parenting-concerns/how-to-help-young-people-cope-with-grief-and-loss-during-covid-19/

For resources on dealing with the loss of a loved one:

https://childrengrieve.org/resources

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

Week 6 (5/15) – Transitions, timers, and sleep

Week 7 (5/22) – Praise, work completion, credit requirements

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

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