

Home of the Bearcats

Information, Resources & Support for Parents About COVID 19



This presentation is meant to help parents better understand and manage the impact of Coronavirus 19.

There will be many links in this presentation with key information - please be sure to click the white text to go to each link.

To forward each slide, click the white arrow at the bottom right of each slide.



Please note that Information, Laws and Policy are ever changing as Covid19 is a fluid situation.

The information in this presentation is to provide basic knowledge, support and resources.

**For the most current information
about COVID19 In NY State please go to:
[NY State Department of Health](#)**

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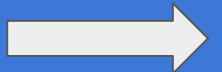
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PANDEMIC

Covid 19 has impacted all of us in one way or another. Over the last year many of us have lost someone we love, become isolated, gotten sick, lost jobs, missed out on benchmark celebrations such as graduations, proms, weddings and even funerals. This Pandemic has changed what we had grown to consider “normal” everyday living.

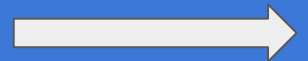
**We know there are many things to balance as the result of the pandemic.
You don't have to do it alone.**



To begin, we will take a look at the

Direct & Indirect

impact that Covid19 has had on us.



Direct Impact:

- Physical Health/contracting the illness
- Having a family member or friend contract the illness
- Death related to the illness



Indirect Impact:

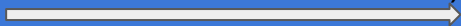
- Social. Emotional and mental well-being
- Academically
- Economically
- Cut off from family members & friends
- Loss of major life events

Physical Health:

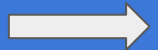
If you get covid19:

- stay home
- Drink fluids
- rest
- stay in touch with your doctor
- monitor your symptoms

(click the link for more information)



- [symptoms of covid 19](#)



Dealing with the **Direct** Impact of Covid19

*Click the **white text** below to get information for each category.*

1. **Know the facts**

[Covid 19 BASIC INFO](#)

2. **Teach them about prevention**

[Prevention](#)

3. **Information that is developmentally appropriate**

[Conversations about Covid19](#)

4. **Find ways to stay connected**

write letters, phone calls, drop off food, video chats

5. **Set the tone**

[Talking about Covid19](#)

6. **Virtual support for grief & loss**

[Virtual grief counseling](#)

[Virtual Counseling resources](#)

Additional resources to help with the DIRECT impact of Covid19

Click the links below for more information

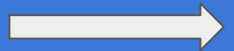
[0-5yr book for coping after disaster](#)

[Talking to kids about Covid19](#)

[Helping to answer your kids questions about Covid19](#)

[Talking to kids about grief and loss](#)

[Parent information about Covid19](#)



INDIRECT IMPACT OF COVID19



Indirect:

- **Social. Emotional and mental well-being**
- Academically
- Economically
- Cut off from family members & friends
- Loss of major life events

Social, emotional & Mental Health Can be;

- **Anxiety**
- **Depression**
- **Loss/ Grief**
- **Self harm behavior**
- **Suicidal thoughts/ideation & attempts**
- **High risk behaviors**

**CLICK the white text below
for strategies and information Regarding
Social, Emotional & Mental health.**

[Signs & Symptoms](#)

[Communicate](#)

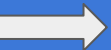
[Realistic Expectations](#)

[Provide Structure & Routines](#)

[Coping & Treatment Resources](#)

[Local Community Resources](#)

[Talking to your kids about Suicide & Depression](#)



Academics:

- Interrupted learning /larger opportunity gaps
- Greater difficulty in mathematical gains
- Lower achievement scores
- Rise in drop out rates
- Loss of social/emotional involvement and achievements

Stability, Support and Communication are necessary for Academic Progress.

Keep a regular daily schedule

Allow for some flexibility, but do your best to stick to the same times to create a routine.

Designated spaces:

Set up an area for your student to do their school work. The space should be calm, quiet and comfortable. Do your best to provide what they may need in that space, pens papers, access to Wifi

Set Academic expectations with them:

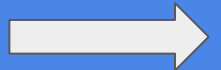
Many kids are barely signing in to their virtual classes, discuss with them how they can better engage.

Open Communication with Teachers:

Check in with teachers for updated information. Check school tool and parent square. Email or call teachers to get support & suggestions.

Minimal Distractions:

When your student is engaging virtually, minimize distractions, noise and interruptions. Discuss lengths of virtual sessions to better plan each day.



Additional Information and Resources for Direct Impact on students Academically

[Planning sheet for back to school](#)

[Virtual learning planning sheet](#)

[Back to School Anxiety](#)

[How to help kids handle Disappointment](#)

[Managing teen stress](#)



Economic Impact

Many people have lost jobs and are struggling financially. Take advantage of the support being offered in your community.

Free school lunches are being delivered each week, sign up if you haven't already.

[Onondaga County Assistance](#)

[Catholic Charities Assistance](#)

[Rent assistance](#)

[Community Resources](#)

[Treasury Dept. covid19 support](#)

[Child care solutions](#)

[Resources & Support](#)

[Housing Providers](#)

[Salvation Army Resources](#)

[Utility bills help](#)



Impact of being isolated, cut off and the loss of major life events.

Many people are suffering from extreme loneliness and isolation. According to Health Affairs recent surveys suggest that within the first month of COVID-19, loneliness increased by 20 to 30 percent, and emotional distress tripled.

Dealing with your child's loss during covid 19

Social interaction is critical for all individuals.
Many teens are experiencing the loss of milestones:

The loss of milestones for teens

Graduation Ideas

Ways to help:

Support for Depression & loss

Helping your child w/ grief & loss covid19

Online Emotional wellbeing

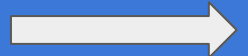
CDC grief & loss support

Free Apps to stay connected

Mental health resources

Pets can help

Building resilience

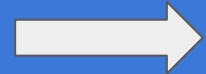


Helping kids deal with Covid19

Providing **Reassurance** and **nurturance** to your child on a regular basis will assist them through this time.

Ways to Spend Quality Time with them:

- Play a game together:** Puzzles, uno, monopoly
 - Go to a park together:** Explore the community together, Green Lakes, Chittenango Falls, Beaver Lake Nature Center
 - Stay connected with family & friends:** Even if just virtually, use facetime, zoom, google meet
 - Stay involved:** Stay in touch with any church, groups, sports or other social connections you may have.
 - Eat dinners together:** Set a regular time where as many as possible in your family eat together
 - Cook together:** Use this time to teach your child practical living skills.
 - Check in daily:** Let them know you are there, that you care and they can talk to you
 - Read with them:** Choose a book that is age appropriate to read together
- Age appropriate books books to help ages 3-8





While we may be apart during these trying times,
we want you to know that we are in this together!
We are just a phone call or click away.

**Please feel free to reach out to the administrators or supports
at your child's school for any further information.**

Solvay School District
Solvay School District Social, Emotional, Mental Health & Covid19 resources

End of Presentation