



STEPPING STONES TRIPLE P GUIDE

Parenting children with a disability during COVID-19

for families with children with special needs

April 10, 2021

Presenter: Stella Lauerman, Independent Triple P Practitioner





Our Time Together

- Welcome & Introductions
- Overview of Triple P
- Parenting in uncertain times
- Tips for parenting during COVID-19
- Staying Connected



Triple P

Positive Parenting Program



Strengthens **relationships**



Builds **confidence**



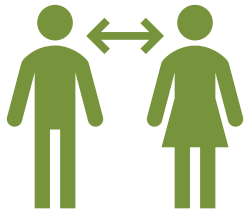
Prevents problems before they begin



Triple P Services



Brief and in-depth **classes**:
Seminars, Workshops, Groups



Brief and in-depth **individual consultations**

Triple P: Principles of Positive Parenting



* Additional principles in Stepping Stones Triple P



Parenting in Uncertain Times for Families with Children with Special Needs

- COVID-19 has been a challenge to all families
- Parents of children with a disability face additional, unique stressors:
 - Children may be at higher risk
 - Social distancing may not be realistic
 - Concern about ability to obtain important medical supplies



Parenting in Uncertain Times for Families with Children with Special Needs

- Parents might be experiencing a range of uncomfortable emotions
- To care for children effectively, parents must also look after themselves



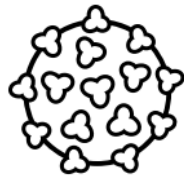
Tip 1: Reassure Children That Your Family Is Your Top Priority



- In your interactions with your child
 - stay as **calm and comforting** as possible
 - tell them that it's **your job to keep them safe**
 - review what you are doing to **ensure a safe environment**

Tip 2: Use Pictures to Explain COVID-19

The Coronavirus or COVID-19 is a virus.



It can make people:



feel tired



feel hot



cough



feel like it is hard to
breathe



have a sore throat



Let me know if you feel unwell or have any of these things.

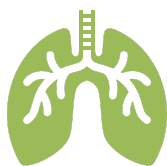
Tip 3: Take Care of Yourself The Best You Can

Key Points

- It's natural to feel strong emotions during stressful times
- Take care of your own wellbeing
- Pay attention to negative thoughts



Self-care Strategies



Deep
breathing



Exercise



Mindfulness



Art



Music



Cooking



Gardening



What else?

Tip 4: Make Sure Your Children Know You Are Available to Listen to Them



- Children need to know they can express their concerns
- When your child wants to talk: **stop** what you are doing, pay **full attention**, **validate** their feelings
- Drawing can be helpful

Tip 5: Be Truthful in Answering Children's Questions

- Find out what **they think** they know
- Keep your responses simple and appropriate to your child's *developmental* level
- Get your information from **reliable** sources
- Don't make promises you will not be able to keep



Tip 6: Talk to Teachers, Therapists and Health Care Providers

- Distance learning has been stressful for *all*
- **Work together** to come up with solutions
- Ask therapists if you can do some **similar activities at home**
- Therapy services includes **mental health**
- Talk to your doctor about health needs and risks



Tip 7: Maintain Everyday Family Routines

- We all do better with structure
- Stick to family routines as much as possible
- Involve kids in creating new ground rules



Strategy: Family Rules (Ground Rules)

Key Points

- Limited to a few
- Fair and specific
- Easy to follow
- Focus on what to do
(instead of what not to do)
- Easy to back up

RULES:

- 1.
- 2.
- 3.



Strategy: Directed Discussion

Key Points

















- Get your child's attention
- Describe the behavior you noticed
- Ask your child to tell you what the rule is
- Have your child **practice the behavior**
- Give **descriptive praise**



Having a Daily Routine Schedule



My Morning Timetable

Time	Activities
7.00	 Wake up  Wash hands  Get dressed  Have breakfast  Feed dog  Wash hands
8.00	 Free time (pick from activity list)
8.45	 Math school work (online/workbooks)
9.15	 English school work (practice spelling words)
9.45	 Free time (pick from activity list)
10.15	 Science school work (do an experiment with a parent)
10.45	 Wash hands  Snack
11.30	 Free time (pick from activity list)
1.00	 Wash hands  Lunch

Readjusting to School Routines

- Children soon will be returning to the classrooms, and they will need to readjust to school routines once again
- As with other transitions, help your child to prepare in advance:
 - Move up bedtimes gradually if they have been “lax”
 - Make or adjust visual schedules
 - Start adjusting screen time to “pre-COVID” rules

My Morning Schedule

	1. Wake up	<input type="checkbox"/>
	2. Eat breakfast	<input type="checkbox"/>
	3. Brush Teeth	<input type="checkbox"/>
	4. Comb hair	<input type="checkbox"/>
	5. Get dressed	<input type="checkbox"/>
	6. Get backpack	<input type="checkbox"/>
	7. Go to school	<input type="checkbox"/>

Tip 8: Have a Family Plan of Action

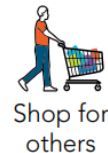
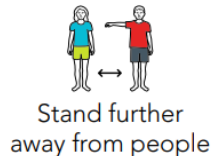
- Family plans are very helpful because they remind you of what you have agreed on and why
- Each family needs to develop their own plan
- It can be helpful to use pictures to review this plan with everyone



Tip 8: Have a Family Plan of Action

- Since government regulations are changing almost day to day with COVID, you will need to update this plan as needed
- Keep your conversations about the plan short and matter-of-fact

Our family plan in pictures:





Involve Children and Teens in Creating A Family Action Plan

Example of a Family Plan

- Wash your hands often
- Keep a distance between yourself and other people
- Don't get close to vulnerable family and friends
- **Being kind to other people**



How can you encourage kindness?

Tip 9: Have Plenty of Interesting Things To Do At Home

- Busy kids are less likely to be bored, anxious, sad, or get in trouble
- Make a list with your kids of 20 or more activities they can do if
 - they get bored
 - don't know what to do
- Make sure to include **physical activities**



Tip 9: Have Plenty of Interesting Things To Do At Home

Screen time can be family time!

- Family movie night
- Playing online game with friends
- Talking to friends and extended family online



Tip 10: Take Notice of Positive Behavior

- Think about the values, skills and behaviors you wish to encourage in your children
- Pay careful attention to your child's behavior and praise positive behaviors
 - *You are being so patient waiting your turn*



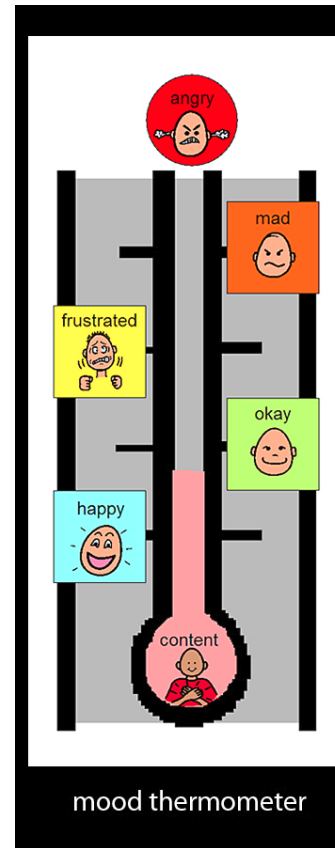


Tip 11: Help Children Learn to Tolerate More Uncertainty

- The COVID-19 crisis has created uncertainty for everyone
- Parents need to accept this uncertainty as well, to be able to demonstrate to their children how to handle it
 - *We don't know when this is going to be over*
 - *We are doing our best to stay well and safe*

Tip 11: Help Children Learn to Tolerate More Uncertainty

- Teach your child calming techniques
 - Deep breathing
 - Counting to 10
 - Doing yoga
 - Listening to music
 - Use emotion thermometer



Tip 12: Prepare a Plan of Care for Your Child

- Establish a plan of care for your child
- It can be comforting to have a plan just in case
- Gather useful information
 - medications
 - routines
 - preferences
 - therapists



Tip 13: Reach Out and Connect With Loved Ones

- Social/physical distancing does not have to mean isolation
- Make greater use of
 - phones
 - video conferencing
 - social media
- Children can teach other family members how to use social media



Key Take-Aways & Final Questions

Take-aways



Questions?





Triple P Classes (on Zoom)

Tuesday, April 13, 6 – 7:30 pm

Coping with Stress: Parenting Support for Families with Children with Special Needs (*in English with Spanish interpretation*)

<http://bit.ly/Stress-Estres-April13>

Tuesday, April 20, 1:30 – 3:00 pm

Taming Power Struggles and Tantrums:

<https://bit.ly/Tantrums-Apr20>

Tuesday, April 20, 6 – 7:30 pm

Parenting as a Team: Parenting Support for Families with Children with Special Needs (*in English w/ Spanish interpretation*)

<https://bit.ly/Team-Equipo-April20>



Staying Connected

- **Contact** First 5 Santa Cruz County to learn about other Triple P services

(831) 465-2217

triplep@first5scc.org

www.triplep.first5scc.org

- **Follow** Triple P Santa Cruz County

www.facebook.com/triplepscc

- **Sign up** for Triple P SCC's e-newsletter

<http://triplep.first5scc.org> or text

TRIPLEPSCC to 22828

Triple P Santa Cruz County - Positive Parenting
February 14

ing tip! Build a strong bond with your children or teen by g their friends, driving carpool, or showing up to sportin i. Simply being present for them can do wonders.



A PROGRAM OF
FIRST 5
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