

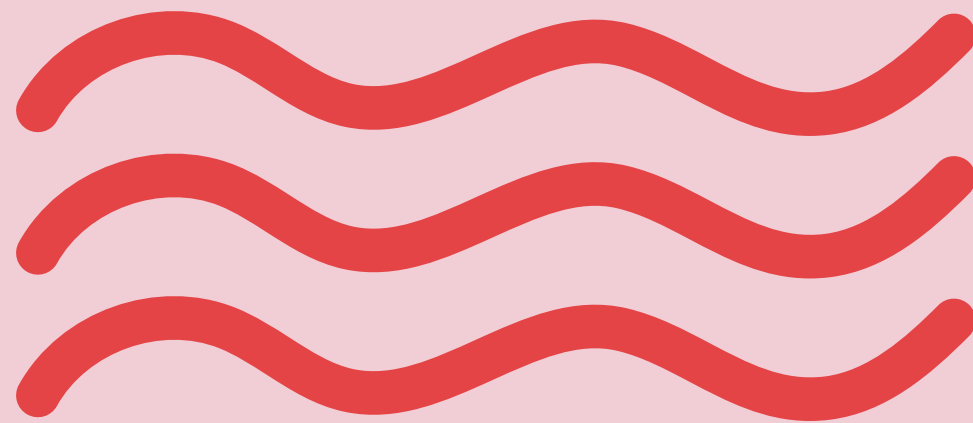
PARENTING DURING COVID-19



Presentation Outline

THINGS TO COVER TODAY

- Telehealth services offered by DCS
- Parenting Strategies to support families during COVID-19
- Additional Resources





CONFIDENTIAL SERVICES OFFERED

- Individual Parenting
- Crisis Intervention and victim advocacy support
- Parenting Resources www.frc.gov.ky
- Legal Befrienders Phonenumber
- Intake Services for new clients

The Department of Counselling Services
Confidential Services Offered
during COVID-19

The Family Resource Centre Telehealth Services (Phone & Video Calls)	The Counselling Centre Telehealth Services (Phone & Video Calls)
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- Individual Parenting
- Intakes for new clients
- Case Management
- Parenting Webinars
- Crisis Intervention & Victim Advocacy
- Parenting Resources at www.frc.gov.ky
- Legal Befrienders Phonenumber on Tuesdays from 5:30-6:30pm
Call 945-8869

- Individual Counselling
- Intakes for New Clients
- Assistance with Mental Health
- Mental Health Helpline 1-800-534-6463
- Mental Health Tips and Strategies by visiting www.tcc.gov.ky

FOR FURTHER INFORMATION PLEASE CALL
FAMILY RESOURCE CENTRE - 949-0006
THE COUNSELLING SERVICES - 949-8789
EMAIL: FRC@GOV.KY

 DEPARTMENT OF COUNSELLING SERVICES
CAYMAN ISLANDS GOVERNMENT



Telehealth Services



INSPIRING WORDS



Trust yourself, you know
more than you think you
do...

BENJAMIN SPOCK



STAY POSITIVE AND
REALISTIC



Focus on the behaviour
you want to see!

"Put your clothes away" instead of "Don't
make a mess"

OR

"Use your indoor voice, we can hear you
without screaming" instead of "Stop Yelling"

- Shouting leads to increased anger and stress
- Get your child's attention by using their name.
- Speak in a calm voice.





PRAISE! PRAISE! PRAISE!

Praise Your Child

DO IT RIGHT. DO IT WELL.



Praise the **process**, not the person.



Focus on the **efforts**, not the outcomes.



Be specific. Avoid generic statements.



Use **simple** statements.



Do not overpraise.



Be **genuine** and **sincere**.



Give **age appropriate** praise.



Avoid comparisons.



Catch your child **doing good**.

How do you **PRAISE** your child?



Reference:

Dwyer, C & Dweck, C.. (2016). *Using Praise to Enhance Student Resilience and Learning Outcomes*.
Mueller, C. M. & Dweck, C. (1998). Praise for Intelligence can Undermine Children's Motivation and Performance. *Journal of Personality and Social Psychology*, 75(1), 33-52.



Ministry of Education
SINGAPORE



PRAISE! PRAISE! PRAISE!



Daily Schedule

Before 9:00 AM	Wake up!	Make your bed, eat breakfast, brush teeth, get dressed
9:00-10:00	Outdoor Time	Family walk or outdoor play
10:00-11:00	Academic Time	No Electronics! Reading, homework, study, puzzles, journal
11:00-12:00	Creative Time	Creative play, drawing, Legos, crafts, music, cooking, baking
12:00-12:30	LUNCH	
12:30-1:00	Home Chores	Clean rooms, put away toys, take out garbage, pet care
1:00-2:30	Quiet Time	Reading, nap, puzzles, yoga
2:30-4:00	Academic Time	Electronics OK! Educational games, online activities, virtual museum tours
4:00-5:00	Outdoor time	Family walk or outdoor play
5:00-6:00	Dinner time	Family dinner, help with clean-up and dishes
6:00-9:00	Free Time	Relaxing before bedtime
9:00 PM	Bedtime	Put on PJs, brush teeth, clothes in laundry

● **CONSISTENT AND FLEXIBLE SCHEDULE**

Make a schedule for you and your children that has time for structured activities as

● **COLLABORATION IS KEY**

Children or teenagers can help plan the routine for the day – like making a school timetable. Children will follow this better if they help to make it.

● **INCLUDE PHYSICAL ACTIVITY**

this helps with stress and kids with lots of energy at home.

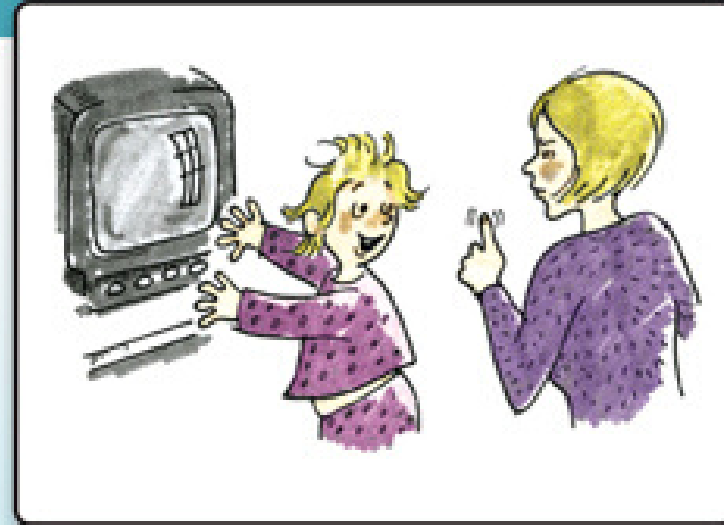


Discipline

HOW TO ADDRESS
INAPPROPRIATE BEHAVIOUR



Distract & Redirect



Distraction and redirection can change the energy of a situation.

- 1) Remove your child from the TV knobs and redirect, "You can play with the blocks."
- 2) Distract by becoming the tickle monster.
- 3) Admit your part in a power struggle, and start again after some time-out.
- 4) In the middle of an argument, tell your teenager you are on his or her side.

Quotes from the Positive Discipline books © Jane Nelsen

REDIRECT FROM BAD TO GOOD

- Catch bad behavior early and redirect your kids' attention from a bad to a good behavior.
- Stop it before it starts! When they start to get restless, you can distract with something interesting or fun: "Come, let's play a game together."



TAKE A PERSONAL TIME OUT

- Give yourself a 10-second pause.
- Breathe in and out slowly five times.
Then....
- Try to respond in a calmer way.
- BE PROACTIVE AND LESS REACTIVE



STOP

Stopping themselves (e.g., by counting to 10 or taking a deep breath) as soon as their body begins to react (e.g., throbbing head, tension, feeling hot). We call these reactions body cues.

**NOW
AND**

Identifying any hard thoughts (e.g., "he's doing that to make me mad") and replacing them with helpful/realistic coping statements, or cool thoughts (e.g., "I can handle this").

PLAN

Picking a plan that meets these three criteria: 1) makes the problem smaller instead of bigger, 2) doesn't hurt anyone or anything, and 3) makes them feel okay.

FOCUS ON CONTROLLING YOURSELF!

- Count to 10
- Take deep breaths
- walk away
- This will allow you to avoid making decisions in the heat of the moment...

USE CONSEQUENCES



NATURAL

Step aside and let your child make some mistakes.

Allow her to face the natural consequences of her behavior.

LOGICAL

Make sure think of consequences that you can follow through with and be **CONSISTENT!**





USE CONSEQUENCES

ALL CHILDREN MISBEHAVE, THINK H.A.L.T!
BEHAVIOUR IS COMMUNICATION





GIVE CHOICES

GIVE CHOICES BEFORE GIVING CONSEQUENCES. CHOICES THAT YOU CAN LIVE WITH AND ARE REALISTIC

STAY CALM

WHEN YOUR CHILD IS OVERWHELMED, ITS YOUR JOB TO SHARE YOUR CALM AND NOT JOIN THEIR CHAOS.

FOLLOW THROUGH

MAKE SURE YOU CAN FOLLOW THROUGH WITH THE CONSEQUENCE. FOR EXAMPLE, TAKING AWAY A TEENAGER'S PHONE FOR A WEEK IS HARD TO ENFORCE. TAKING IT AWAY FOR ONE HOUR IS MORE REALISTIC.

MOVE ON...

ONCE THE CONSEQUENCE IS OVER, GIVE YOUR CHILD A CHANCE TO DO SOMETHING GOOD, AND PRAISE THEM FOR IT.



WHEN...THEN

Example: “When you’ve finished your school work, then you can play on your iPad for 30 minutes.”

It explains what you want them to do and also implies you expect them to do it.

PROBLEM SOLVE

“You keep forgetting to put away your dirty dishes. What can we do so you’ll remember?” If she weighs in on the possible solutions, she’ll likely be more motivated to improve her behavior.

You are a model for your child's behavior

- The way you manage stressful situations will influence your child...
- If you practice keeping safe distances and hygiene yourself, and treat others with compassion, especially those who are sick or vulnerable – your children and teenagers will learn from you.





WWW.FRC.GOV.KY



WWW.FACEBOOK/FAMILYRESOURCECENTRE/



FRC@GOV.KY



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949-0006

CONTACT US