

Lincoln Public Schools present...

KIDS, TWEENS, AND QUARANTINES

A CONVERSATION FOR PARENTS

**LEARN ABOUT HOW THIS “NEW NORM” IMPACTS THEIR MENTAL HEALTH,
HOW PARENTS CAN HELP SUPPORT THEM, AND HAVE YOUR QUESTIONS ANSWERED**

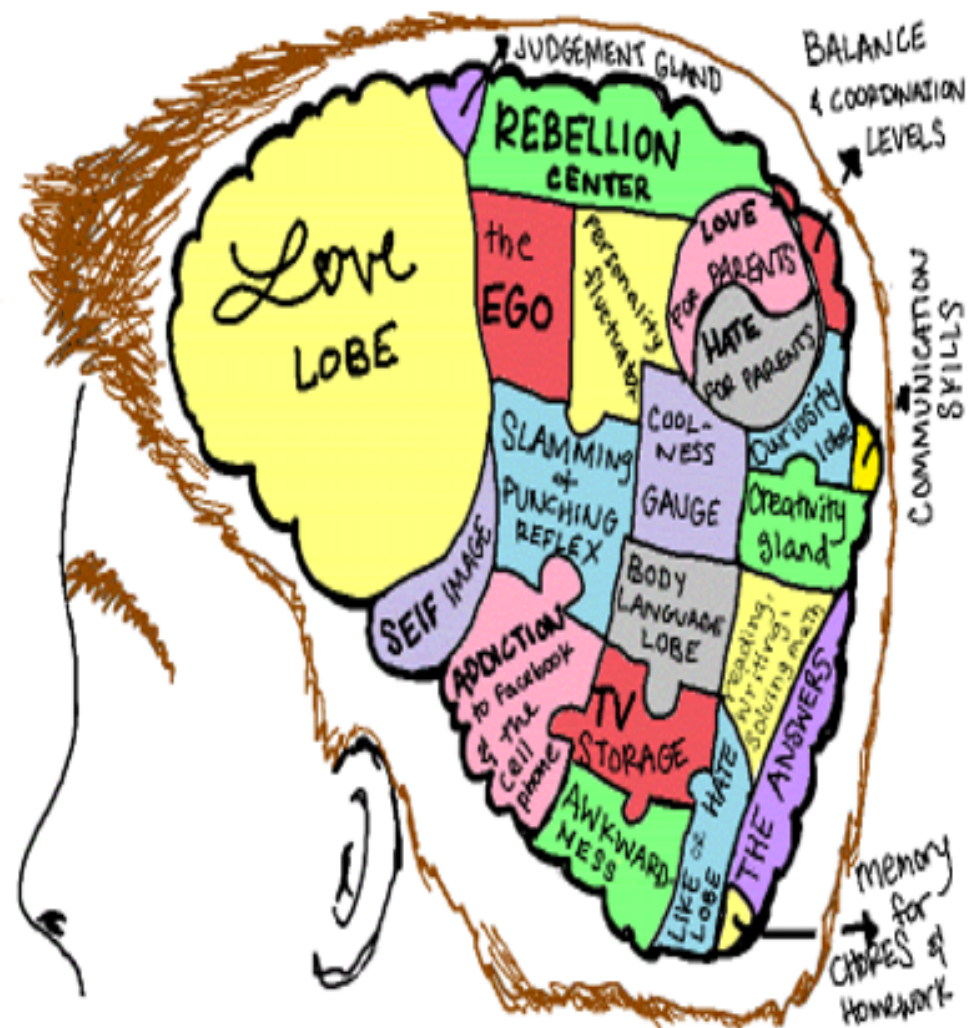
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Young Brain.....Tween Brain.....Teen Brain



What's Important to
Kids and Tweens

Parents/Family

Friends.....**FRIENDS**

Connection – Teachers, Friends

Safety --- Physical & Emotional

Consistency & Control.....Freedom & Autonomy

Parents/Family

**In the age of the corona virus,
attending to our mental health,
and the mental health of our
children has never been so
important...**

“YOU DON’T MAKE THE TIMELINE, THE VIRUS DOES”

DR. ANTHONY FAUCI MARCH 25, 2020

What to expect:

- **A sprint --- and a marathon**
- **Loneliness**
- **Grieving Process– denial, anger, guilt, depression, acceptance**
- **Loneliness**
- **Changes in behavior**
- **Regression**

What we can do:

- **Social distancing vs. physical distancing**
- **Generosity**
- **Expectations**
- **Can’t vs. Won’t**
- **Happiness**
- **Kindness**

Kindness



More Kindness

COLLEGE STUDENTS WHO
DESIGNED AND CREATED
MASKS FOR THE DEAF
AND HARD OF HEARING



“YOU DON’T MAKE THE TIMELINE, THE VIRUS DOES”

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This is Especially Hard for Kids/Teens/Tweens

- **Fears, worries about the unknown**
- **Heightened anxiety**
- **Irrational thinking/intrusive thoughts**
- **Expectations for self, others**

Factors to Consider

- **Finding balance**
- **Managing boredom**
- **Developing routines**
- **Being flexible**
- **Adjusting rules**

“YOU DON’T MAKE THE TIMELINE, THE VIRUS DOES”

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You Are Important...

- **What all people need --- sense of safety, connection**
- **Self-care - for you and every household member**
- **Mindfulness, being outdoors, healthy comforts**

How to Support Your Children...

- **Model how to manage emotions**
- **Encourage care for others**
- **Live in the moment --- the good and the bad**
- **Gratitude**
- **Information sources – local, state, national.....YOU**
- **Reduce exposure**
- **Humor**

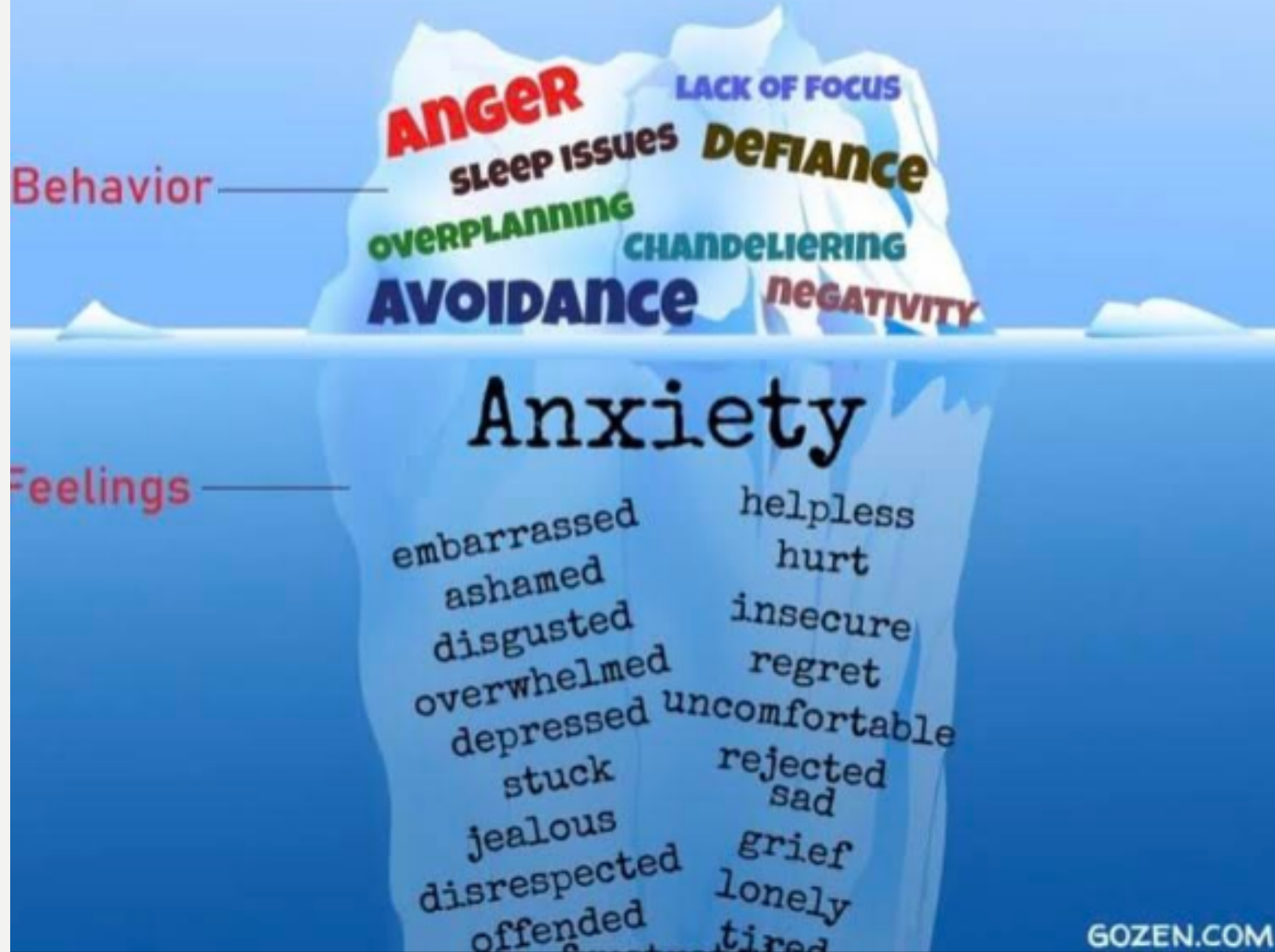
Humor



TYPES OF ANXIETY

- **Generalized Anxiety Disorder**
- **Social Phobia**
- **Obsession-Compulsive Disorder**
- **Panic Disorder**
- **Post Traumatic Stress Disorder**

ANXIETY ICEBERG REVISED



Emotional Signs of Anxiety in Children

- **Excessive stress or worrying**
- **Feeling powerless**
- **Having a sense of impending danger, panic or doom**
- **Trouble concentrating**
- **Feeling jumpy and tense**
- **Irritability**

Physical Signs of Anxiety in Children

- **Increased heart rate**
- **Rapid breathing (hyperventilation)/shortness of breath**
- **Muscle aches/pains**
- **Dizziness/shaking**
- **Sweating**
- **Feeling fatigued/tired/weak**

What Are The Worst Things To Say To An Anxious Child/Teen/Tween



What Are The Best Things To Say To An Anxious Child...

- **Tell me more about it**
- **I'm listening**
- **Let's breathe together**
- **1 to 10 scale, how horrible is it?**
- **Name 5 things...**
- **How can I help you?**
- **I love you**

20 THINGS TO KEEP IN MIND... WHEN SUPPORTING AN ANXIOUS CHILD

- **Create realistic expectations**
- **Don't shame a child**
- **It's all about management**
- **Respect their feelings**
- **Don't feed or empower their anxiety**
- **Encourage tolerance of their anxiety**
- **The importance of modeling healthy responses to anxiety**
- **Don't pass along your anxiety**

20 THINGS TO KEEP IN MIND... WHEN SUPPORTING AN ANXIOUS CHILD

- **Avoid avoidance**
- **Learn relaxation strategies – breathing, mindfulness, etc.**
- **The importance of sleep**
- **Developing positive self-talk strategies**
- **The importance of exercise/being physically active**
- **Saying the right things**

20 THINGS TO KEEP IN MIND... WHEN SUPPORTING AN ANXIOUS CHILD

- **Avoid saying the wrong things**
- **Be creative --- draw your anxiety, act it out, etc.**
- **Know when and how to use distractions**
- **Know your child and their anxiety as every child is different**
- **Know when to seek professional assistance (show video)**
- **Debrief after an event or episode – especially the positive ones**

Typical Suburban Youth Risk Behavior Survey Results

(Lincoln, like many districts, does not participate in this survey):

Middle School (258 students)

- **17% (44) of students have been cyber-bullied**
- **9% (23) of students made a suicide plan**
- **13% (34) of students have seriously thought about suicide**
- **3% (9) of students have actually attempted suicide**
- **8% (21) taking medication/receiving mental health treatment**

High School (1,200 students)

- **17.6% (211) of students have been cyber-bullied**
- **16.1% (193) of female students have self injured**
- **9.3% (111) of male students have self injured**
- **26.9% (322) of female students have felt sad/hopeless 2+ weeks**
- **14.9% (178) of male students have felt sad/hopeless 2+ weeks**
- **13.1% (157) of students have seriously considered suicide**
- **10.2% (122) of students made a suicide plan**
- **7.5% (90) of students have actually attempted suicide**

SIGNS OF DEPRESSION

- **Lack of interest in normal activities**
- **Low motivation**
- **Sadness**
- **Hopelessness**
- **Lethargy/Low energy**
- **Low self-esteem**
- **Difficulty concentrating/Irritability**
- **Trouble sleeping or sleeping too much**
- **Changes in eating/diet**
- **Isolation/Withdrawal**
- **Talking about running away, self harm, suicide**

PHONE/TEXT/ONLINE RESOURCES...

- **Crisis Text Line: Text CONNECT to 741741**
- **National Suicide Hotline: 1-800-273-TALK (8255)**
- **Self-Injury Hotline: 1-800-366-8288**
- **National Eating Disorder Association (NEDA): 1-800-931-2237**
- **Substance Abuse Hotline: 1-800-662-HELP (4357)**
- **nationaleatingdisorders.org**
- **suicidepreventionlifeline.org**

SCHOOL DEPARTMENT/GUIDANCE SOURCES

Lincoln Campus

- Shelley Moeller, Social Worker, K-2 smoeller@lincnet.org
- Bethany Dionne, School Psychologist, 3-5 bdionne@lincnet.org
- Alyssa Rosenfeld, School Social Worker, 5-8 arosenfeld@lincnet.org
- Elizabeth Hamblin, School Psychologist, PK+6-8 ehamblin@lincnet.org

Hanscom Campus

- Mara Salis, Social Worker, K-3 salism@lincnet.org
- Kathleen Esposito, School Psychologist, PK-3 espisitok@lincnet.org
- Brian Garside, School Social Worker, 4-8 bgarside@lincnet.org
- Matt Sur, School Psychologist, 4-8 surm@lincnet.org
- Jess Killian, BCBA, K-8
- Jen Williams, Transitional Learning Teacher K-5
 - Charlotte Fitzgerald, Transitional Learning Center Tutor, K-5

RESOURCES...

Interface Referral Helpline:

Free mental health referral service referrals: **888-244-6843** (Monday-Friday, 9am to 5pm)

Readings:

- <https://www.insider.com/mental-health-warning-signs-children-quarantine-2020-4#if-your-child-is-having-difficulty-concentrating-it-might-be-a-red-flag-1>
- <https://www.insider.com/mental-health-warning-signs-children-quarantine-2020-4>
- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

JON WILL ANSWER YOUR QUESTIONS...

Please type in your questions via the chat box and Jon will address the issues and challenges you are concerned about



Hope...and Trust



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