

SUPPORTING FAMILIES

In the Midst of a Crisis

Supporting the Parent

- Simply check-in
- Structure
- Mini goals
- Mindful not to OVERLOAD
- Stay connected

Check-in How can I support you during this time?

Structure Routines are calming. Reflect on routines caregivers enjoy (create a spa time, listen to music)

Mini goals Create a sense of accomplishment by achieving small goals

Mindful not to OVERLOAD Minimize well intended tasks or handouts to prevent added stress

Stay connected Reduce feelings of isolation and reflect on resources and network support

Co-regulation/Self-regulation Support caregiver's efforts to regulate their own emotions & support the child

Routines Support microroutines to help child be more tolerant to stress. Resilience is key.

Movement Movement is calming. Promote activities such as obstacle courses, YouTube movement (Cosmic yoga), sports, etc.

Communication How are children connecting to other family and friends?

Supporting the child

- Co-regulation/Self-regulation
- Routines
- Visual schedule with fun breaks
- Movement
- Communication

Supporting YOU

- Mindfulness
- Structure
- Movement
- Sleep
- Find the positives

Mindfulness Take time to pause (10 min) without any distractions to tune into your own stress

Structure Incorporate calming activities into your day. Get up and get dressed for the day.

Movement Take breaks. Move around between visits. During Telehealth sessions, move to same settings as family (backyard, kitchen, etc.)

Sleep Sleep is impacted by stress. Try calming activities at night and higher activity earlier in the day.

Find the positives Find the little joys in each and every day.