

Transitioning to the New Normal: Let's Talk School, Family, and Health

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Chiara Simeone Graver, M.A., BCBA, COBA
Behavior Analyst



Cleveland Clinic Children's



How do we
balance it all?



Back to School

- Parent Concerns
 - Masks
 - Social Distancing
 - Quality of Learning
 - Virtual or In Person
 - Exposure to COVID-19
 - Cleaning protocols
 - New procedures



Work With Your School

- Develop a list of questions, concerns, expectations
 - Bring up specific concerns about your child
- Clarify policies
- How can you support the school
- Do not assume schools or other parents have raised the same concerns already



Going Back In Person

- Prepare your child for change
- Be proactive at home
- Prepare your house
- Know your school's policies
- Communicate with your school



Going Back Virtually

- Work with your teachers
- Set reasonable expectations
- Designate instructional areas
- Provide support and reinforcement
- Ask for help or clarification when needed



Should they go back?

- What are you comfortable with
- What works for your family
- Keep routines when possible
- Request IEP meeting

Back to School Decision Making Tool

Note: These questions address your views about how your school is preparing for school year 2020-2021. If you answer "unsure" to any items regarding your school's plan, consider reaching out to your school administrator for more information.

	Does Not Apply	Disagree	Unsure	Agree
I feel comfortable with my school's reopening plans for reducing risk of spreading COVID-19.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I believe my school has the resources needed to effectively implement their reopening plan (e.g., staffing, supplies, training).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel comfortable with my school's plan if a student or staff member test positive for COVID-19.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I believe my school has a plan to provide an effective program of instruction every day of the regular school week (generally five days).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with how my school communicates with families about the changes it is considering.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with how my school is addressing parents' or caregivers' concerns and questions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My child knows how to properly wear a cloth face	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Is it the right decision?



- There are no right answers
- Every decision comes with uncertainty
- Right now, uncertainty is the only thing we have that is certain



Everything is Different

- School
- Work
- Home
- Community
- Expectations



Remember that it's different for everyone



Dealing with Uncertainty

- Don't worry about being perfect
- It's okay to feel fear or anxiety
- Be prepared for change
- Control the things that you can control
- Make small changes to adapt
- Add structure
- Ask for help



Dealing with Uncertainty

- Remember that difficult behavior is communicating something
- Use antecedent strategies with the family
- Be supportive and reinforce positives
- Model behavior for your children



Put on your own mask first

It is difficult to care for your loved ones when you are not caring for yourself. Just like putting on your own mask first on a plane, you have to address your own needs to be the best caregiver you can be.



Take Time for Yourself

- Set alarm a few minutes early
- Pick one thing a day to do for yourself
- Take a breather if it gets too hard
- Reach out to someone you trust
- Use positive self-talk



Taking time for myself is too hard!

- Even a few minutes a day can be helpful
- Meditation
- Incorporate your preferences into daily routines
 - Include your children
- Get outside



Questions?



How do I balance remote schooling and having to work during the day?

- Talk with your supervisor
- Take advantage of naps/rest periods
- Stick to a schedule or routine
- Use your resources



How do I teach my child to take proper precautions such as social distancing, wearing a mask, and not touching their face?

- Practice
- Model
- Discuss with teachers and therapists
- Reinforce



How can I manage multiple children of different ages learning remotely?

- Designate learning areas in your home
- Set a schedule
- Communicate with teachers
- Set up “lockers”
- Give your children expectations
- Reinforce



What about regression in socialization and social skills?

- Practice skills at home with family members
- Make sure you are setting reasonable expectations
- Zoom and FaceTime



<https://www.cdc.gov/coronavirus/2019-nCoV/community/schools-childcare/decision-tool.html>





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