



WELCOME!

Maintaining the Physical and Behavioral Health of Children

May 14, 2020
Georgia Statewide Afterschool Network

Housekeeping



- Everyone is currently in listen only mode, but we do want to hear from you and get your questions answered!
 - Use the Q&A feature to submit questions to be answered by speakers at the end of the webinar.
- This webinar is intended to be informational only, it is not guidance on whether your program should open.

Agenda



Overview Governor Kemp's (5/12) Executive Order

- Melissa Davis, Director of Quality Operations, Georgia Department of Early Care and Learning

Tools and National Resources

- Katie Landes, Director, Georgia Statewide Afterschool Network

COVID-19 and Infection control

- Dr. Andi L. Shane, Chief of Division of Pediatric Infectious Disease at Children's Healthcare of Atlanta

Behavioral Health and Building Resiliency in Youth

- Jody Baumstein, LCSW Senior Wellness Program Coordinator at Children's Healthcare of Atlanta

Q & A

Executive Order



Governor Kemp issued an [Executive Order \(05/12/20\)](#) providing additional guidance for reviving a healthy Georgia in response to COVID-19.

This includes guidance for childcare and summer camps



**Georgia Dept
of Early Care
and Learning**

BRIGHT FROM THE START

Melissa Davis

Director of Quality Operations

Department of Early Care and Learning

Forthcoming Additional Guidance



The American Camp Association (ACA) and the YMCAs of the United States (Y-USA) are creating a Camp Operations Guide Summer 2020 with the help of the American Academy of Pediatrics and the Association of Camp Nursing according to CDC guidelines.

The Camp Operations Guide will include:

- Health – Screening and Preventing COVID-19 Infections
- Food Services and Deliveries
- Cleaning and Disinfection
- PPE Plan
- Supplies List



Dr. Andi L. Shane
Chief of Division of
Pediatric Infectious Disease
Children's Healthcare of Atlanta



Jody Baumstein, LCSW
Senior Wellness Program Coordinator
Children's Healthcare of Atlanta

Supporting Youth During Times of Stress

Common responses to stress

Behavior and Play = Communication

- **Clinginess/Separation Anxiety**
- **Irritability and tantrums**
- **Sadness**
- **Poor concentration**
- **Physical complaints**
- **Changes in eating or sleeping habits**
- **Regression**

Considerations



DISTINCT CHANGES
IN PATTERNS OF
BEHAVIOR



FREQUENCY AND
DURATION OF
BEHAVIOR



IMPACT ON
CHILD'S ABILITY TO
FUNCTION

Building resilient kids

“The ability to handle life’s ups and downs.”

The ability to adopt well to adversity, trauma, tragedy, threats or even everyday sources of stress —can help children manage feelings of anxiety and uncertainty. Children who are resilient are better able to **cope with challenges, manage stress, and make healthy choices.**

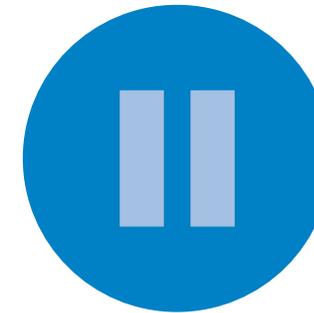
Be mindful



BE AWARE OF YOUR
OWN FEELINGS



BE PATIENT
(WITH YOURSELF,
YOUR COWORKERS,
AND THE KIDS)



PRACTICE: PAUSE,
BREATHE, RESPOND

Be proactive



ESTABLISH
ROUTINES



PLAN TO BE
FLEXIBLE



SET REALISTIC
EXPECTATIONS

Communicating with kids

- Be aware of your own feelings. Share your calm.
- Ask open-ended questions.
- Normalize and validate feelings.
- Offer reassurance and avoid minimizing or dismissing.
- It's OK not to have all of the answers.

Practice healthy coping skills

- Teach new skills when calm
- Practice regularly
- Try many different skills
- Focus on the present moment and what you can control
- Role model healthy coping

Coping skill ideas

Active	Relaxing	Creative	Social	Mindset
Put on music and dance	Take several deep breaths	Draw, color or paint	Play a game	Think of something positive
Do 10 jumping jacks or do some stretching	Close your eyes. Count to 10 or backward from 100	Play with Play-doh or sand	Share your feelings with someone you trust	Look at pictures or think about a happy memory
Run in place or go for a walk	Have a drink of cold water	Journal about your thoughts and feelings	Read a book together	Focus on one thing you are grateful for
Bounce a ball	Listen to relaxing music	Write a song or poem	Play with your pet	Think of something that makes you laugh

Taking care of yourself

- Allow yourself to feel
- Avoid comparisons
- Practice healthy habits
- Maintain basic routines
- Let go of perfectionism
- Set clear boundaries
- Focus on what you can control
- Use healthy coping skills
- Make time for laughter and joy
- Express gratitude

Parenting Resources During COVID-19

The novel coronavirus (or COVID-19) pandemic is new territory for all of us, and there's no fear like the unknown. Our kids need us more than ever before, so we've pulled together some resources to help us all get through this challenging time.

How to Talk to Your Child About COVID-19

There's currently a lot of fear and anxiety surrounding the COVID-19 pandemic. While many things are out of our control, one thing you can do today is talk with your child about what's going on.



Preventing Injuries During Social Distancing

We're all getting creative while our kids spend record amounts of time in the house. Make sure you keep these important safety tips in mind while working, learning and playing at home.



How Stress Can Lead to Changes in Behavior

When kids are stressed, it's normal to see changes in the way they behave. Find out what changes you can expect and where to go from there.



Helping Kids and Teens Deal With Grief

The COVID-19 pandemic has resulted in confusion, discomfort and loss for many of us. Here are expert tips from a licensed therapist to help your family process the grief you may be feeling.



Helping Kids Understand and Practice Social Distancing

Social distancing is forcing us to change the way we live, but that doesn't mean our kids are all-in. Get tips for navigating the conversation and making the most of sheltering in place.



A Letter to Parents of Teens During COVID-19

The COVID-19 pandemic is affecting everyone, and teens and young adults are no exception. The losses they're suffering are significant and shouldn't be minimized or dismissed. Learn how to help them.



Questions?



Please submit your questions using the Q&A function at the bottom of your Zoom screen

Thank you!



Georgia Statewide Afterschool Network

www.afterschoolga.org

info@afterschoolga.org

[@AfterschoolGa](https://www.facebook.com/AfterschoolGa)

[@AfterschoolGa](https://twitter.com/AfterschoolGa)