

# Prevention *for parents*



## How (and Why) to Get Support During the Pandemic

While this time of distancing may be a relief and an opportunity for rest for some, it is a time of burden and stress for many.

This is true for children AND adults.

We may not feel an immediate threat, but the uncertainty of the pandemic affects most aspects of our lives, and can be a traumatic experience.

We don't have con-

trol over when things will return to normal, or what normal will look like when we start to rebuild our lives.



What we do have control over is how we manage the stress, anxiety, and tension *now* so that we minimize the lasting effects on us and our children *later*.

Take time to check in

with your child and offer support. And, make sure you are taking time for wellness yourself. Kids learn best by our example.

There are so many resources being shared that it can be overwhelming.

A good place to start is reaching out to your school counselors, who can direct you to parenting resources, mental health supports, and wellness practices for students and parents.

## Encourage Positive Coping Skills

The extra time you are spending at home with your teen can be a good time to see which coping skills they tend to use, and teach them some new ways to deal with things if they need more skills in their repertoire.

Here are negative coping skills to watch for:

- Escape/isolation
- Numbing
- Substance use
- Self-harm
- Unsafe risk taking

Here are some positive coping skills to promote:

- Seeking support
- Relaxation activities
- Problem-solving
- Humor
- Physical activity



### Points of Interest

- *Get wellness support now to minimize traumatic effects later*
- *Encourage your teen to use positive coping skills*
- *The Well-Being Series*
- *Managing screen time in a virtual world*
- *May is Mental Health Awareness Month*

**TAKE A CHECKUP FROM THE NECK UP**



**FREE. PRIVATE. ANONYMOUS.**  
**MHASCREENING.ORG**



## The Well-Being Series

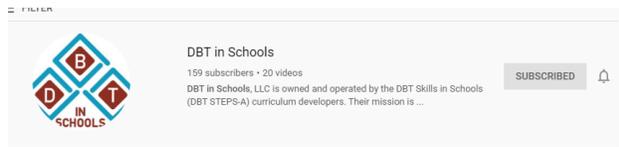
The Well-Being Series is being provided through Forefront Suicide Prevention to students and parents in an effort to help them thrive during Covid-19 & distance learning. Students and parents are encouraged to attend live!

**Student Life Skills to Survive & Thrive During COVID-19 & Beyond:** Tuesday & Thursday, 10-11am.

**Parenting Through Covid-19:** Monday, Wednesday, & Friday, 7-8am.

All past recordings are also available for viewing after each session.

Go to YouTube -> Search “**DBT in Schools**” -> Click on the **DBT in Schools** channel.



## What Would You Like To See In

Contact Colleen Chan with any suggestions, comments, or questions.

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## Managing Screen Time

Many students already struggle to limit their time on screens– and since COVID-19 hit they have been asked to spend even more time online.



Now is a great time to talk about setting healthy boundaries with technology and teach them to be intentional with their time.

Screen time is different for each family and there isn't one right way to do things. Here are some general tips for talking with your teen when establishing boundaries:

- Ask them what they think
- Come up with a schedule/time limit together (rather than imposing a limit on them)
- Tell them why you want them to set boundaries
- Set limits for yourself too (kids do what we do, not what we tell them!)

## Parent Resources

Screen Time Guidelines for Teens

<https://kidshealth.org/en/parents/screentime-teens.html>

Coping Mechanisms

<https://www.goodtherapy.org/blog/psychpedia/coping-mechanisms>

Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>