



CONNECTICUT STATE DEPARTMENT OF EDUCATION

Welcome

**Family Tips-Providing Social and
Emotional Support to Children on
the COVID-19**

The Student Support Team



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Children: Responses to COVID-19 Outbreak

- Social emotional
- Physical



Developmentally appropriate responses

- Younger children
- Early teen and youth



Discussing upsetting events

- Be honest and straightforward about your own understanding of the events - model discussing personal feelings
- Avoid graphic details – reframe upsetting perspectives or comments or move to another subject
- Consider the non-verbal dynamics during the interaction – rate, tempo, and volume of speech, posture and activity levels, etc.
- Remain non-judgmental – seek out the thoughts of the other, be investigative





Judy Carson, Ph.D.
School-Family-Community
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Home Learning during COVID-19



Home Learning during COVID-19

- Being “Good Enough” is OK
- Parents’ Encouragement and Expectations Matter
- Establish Predictable Daily Routines
- Keep It Simple and Make It Fun
- Parents and Teachers on the Same Team



Thank You and Contact Information

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Resources

- The Student Support Team posted a wealth of resources for families on providing social-emotional supports to children. Please visit <https://portal.ct.gov/SDE/COVID19/COVID-19-Resources-for-Families-and-Educators>

