



### **Stages, Phases and Transitions**

It feels like we've been pushed and pulled in every direction you can think of over the last two months. New information is released daily concerning the Pandemic along with federal guidance, state guidance, and local guidance around how we should respond to it! Parents and caregivers must decide how to apply all of this guidance in the context of our own family with its unique set of values, beliefs, morals and circumstances. There are all sorts of stages, phases and transitions....we're all experiencing them at some level!

As we move through the phases of reopening cities and states, school is ending, and we're transitioning to summer plans. We may be at various stages of preparation, and even emotional and behavioral expression that we must navigate with our children. This week we have compiled some tips to help parents manage these changes. As always, Parent's Stay Positive.

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#### **1. Teach children/teens social distancing when outside of the home**

- **Remember the 3 W's – Wear, Wait, Wash ([Click Here for more information](#))**
  - **Wear** a cloth face covering if you will be with other people
    - Practice mask wearing for periods of time at home to help younger children become more comfortable wearing masks
  - **Wait** 6 feet apart. Avoid close contact
    - Encourage children to continue practicing social distancing and communicating virtually unless in person is necessary.
    - Use common items to familiarize yourself and children with what 6 feet apart is – (i.e. 1 ½ cement blocks on a walkway, 2-yard sticks, 6 floor tiles in a store, yarn or string cut into 6-foot sections)
  - **Wash** your hands often with soap and water for at least 20 seconds or use hand sanitizer if available.
    - Make sure your children understand the importance of handwashing and that it isn't optional
    - Develop fun, frequent, and scheduled hand washing routines at home (i.e. sing ABC song twice, sing the chorus of a favorite song three times)
- **When outside of the home limit contact with commonly used items and surfaces:**
  - Avoid drinking from public water fountains
    - Plan ahead and carry/pack reusable water bottles

Avoid touching surfaces and then touching your face while out (i.e. park benches, pull-up bars, park bathroom sinks, and buttons for crosswalks)

- **Discuss your family's plan for social distancing in common locations:**

At the park

- Plan activities for your children to do (i.e. kites, bikes, roller skates, nature walks, picnics etc.)
- Let your children know that playground equipment should not be used
- Create boundaries for your children.
  - Bring multiple blankets to create a "safe zone"
- In public/retail settings
  - Look for new signage that provides guidance for social distancing in public spaces
- Childcare Facilities and Summer Camps
  - Listen to the guidelines provided by the teachers and/or instructors regarding social distancing
- In Group Settings
  - Continue using social distancing among your family
    - Keep your family 6 feet apart from other families
- Interacting with family and friends (not living in the home)
  - Determine what social distancing looks like for your family if you decide to engage in functions and gatherings with friends and families not living in your home. Ensure your children and teens understand the plan.

## **2. Transition clearly into Summertime Fun**

- **Revise, Reconsider and make a list of all approved activities**
  - Plan ahead for activities that require additional items, time, etc (i.e. make ahead bag for art activities that includes brushes, paper and paint already prepared)
  - You might need to develop a whole new schedule
  - Use pictures, charts and boards to keep organized
- **Plan out "Family Time" as well as "Alone Time"**
- **Pre-plan family activities and keep children engaged and active**
  - Virtual "Summer Camp" – Research virtual summer camp options
  - Create around town "scavenger hunts" base on various themes History Day, Science Day, Cultural Day, etc
  - Recreate vacation outings with local excursions
- **Continue to incorporate learning throughout the summer months. Some examples are listed below in the chart from the "Are We There Yet" tips.**

**Use what you have! – Get creative and use household items to encourage your child to learn**

<p><b>Counting</b> – teach counting, addition, subtraction, multiplication, etc. using items such as: (dry) beans, Legos or snacks (grapes, crackers, etc.)</p>	<p><b>Shapes</b> – Observe things around you and point out shapes, counting sides and observing angles, ex: like windows, a plastic cup/plate, stop signs, etc.</p>	<p><b>Weather</b> – Encourage your child to observe the weather daily, and keep a weather chart by drawing a sun, clouds, rain, etc.</p>	<p><b>Credit</b> – Talk to your teen about financing, credit, and interest: Use commercials as conversation starters, especially those offering vehicles and financing options</p>	<p><b>Health</b> – Continue to talk to your children about prevention methods such as hand washing, and run an internet search together on what happens to germs when they come into contact with soap</p>
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**3. Prevent or manage behaviors that may show up during times of transition; note that some of these behaviors might be intensified as a result of the current circumstances.**

- **Act Immediately, consistently and decisively**
- **Use logical consequences**

*Examples of how to prevent transitional behaviors below:*

<b>What</b>	<b>Why</b>	<b>Preventive Strategy</b>
Whining	<ul style="list-style-type: none"> <li>• When they do not have the words to express their feelings</li> <li>• Communicating discomfort (hungry, bored, tired)</li> <li>• When they want attention</li> </ul>	<ul style="list-style-type: none"> <li>• Spend brief quality time with your child</li> <li>• Model how to speak nicely for your child</li> <li>• Praise them when they do it (i.e. good job using your words to tell me what you want)</li> </ul>
Disobedience	<ul style="list-style-type: none"> <li>• Testing limits</li> <li>• Boredom</li> <li>• To get attention (sometimes negative behavior is accidentally rewarded)</li> <li>• Children become confused when parents are inconsistent</li> </ul>	<ul style="list-style-type: none"> <li>• Have plenty of toys and activities available for younger children. Toddlers that are busy have less time to get into trouble.</li> <li>• Give clear and direct instructions</li> <li>• Give your child time to cooperate</li> </ul>
Tantrums <i>*tantrum behavior can look different depending on the age of the child or teen.</i>	<ul style="list-style-type: none"> <li>• Frustration</li> <li>• When they aren't getting their way</li> <li>• When they don't know how to communicate what they want or how they feel.</li> </ul>	<ul style="list-style-type: none"> <li>• Have a few necessary and realistic rules for your children</li> <li>• Be sure to include your children and teens in planning so they know what to expect</li> <li>• Keep your child busy with activities to help avoid boredom and disruption</li> </ul>
Anxiety	<ul style="list-style-type: none"> <li>• Problems with peer relationships</li> <li>• Conflicts at home with parents</li> </ul>	<ul style="list-style-type: none"> <li>• Talk openly about feelings and how to cope with upsetting events</li> </ul>

	<ul style="list-style-type: none"> <li>• When they don't know what is going to happen next</li> </ul>	<ul style="list-style-type: none"> <li>• Make positive comments about things your teenager does well especially when they are dealing with stress</li> </ul>
Rudeness and Disrespect	<ul style="list-style-type: none"> <li>• Teens want to create their own identity and decide who they are</li> <li>• When teenagers don't feel heard/parents don't understand their teen</li> <li>• When parent's directly challenge their teenager's ideas</li> </ul>	<ul style="list-style-type: none"> <li>• Regularly talk with your teen about issues and events that they are interested in</li> <li>• Be prepared and open to discuss and explore new and different ideas your teen maybe entertaining</li> <li>• Model a good example</li> </ul>

#### 4. Confront Change...Manage Change...Accept Change

- **Anticipate adjustment pains**
  - Talk to your children about changes and listen to any concerns they may have
  - They may be scared, anxious and uncertain about what is going on
  - They may be missing their friends, sports and other activities
- **Change is hard for most people and children may not have the language to express these feelings**
  - Provide reassurance during challenging times
  - Know that you and your children will get through it together AND let them know that as well
  - Allow yourself and your child(ren) some GRACE....stay flexible