

*Paris I.S.D.*

*Social, Emotional and Behavioral*

*Newsletter 4*

*April 13, 2020*



- our favorite resource this week



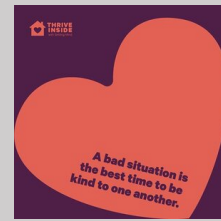
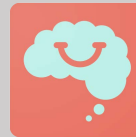
- links to activities for students  
(others may or may not lead to student activities)



## Technology Based Tools (Apps):



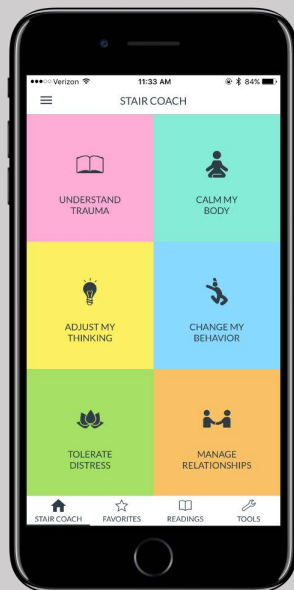
Smiling Mind ..... [Web Site](#) ..... [Free app](#) ..... [Instagram](#)



STAIR Coach



cognitive and behavioral techniques to help with managing emotions, relationships, and the effects of trauma



Breath, Think, Do with Sesame Street (free)



Stop, Breath and Think KIDS

15 **FREE** activities | 30 premium features w/paid subscription

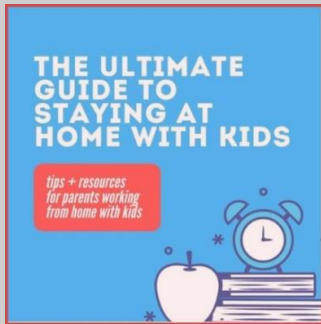


STOP, BREATHE & THINK KIDS

app for grown ups



## Academic Support/Tools:



<https://www.enrichmentactivities.org/>



[https://docs.google.com/document/d/1cTvCJwqos7ngpZD2oR6Qqt6x\\_2nLwvDYssLJnEzZiBI/edit?usp=sharing](https://docs.google.com/document/d/1cTvCJwqos7ngpZD2oR6Qqt6x_2nLwvDYssLJnEzZiBI/edit?usp=sharing)

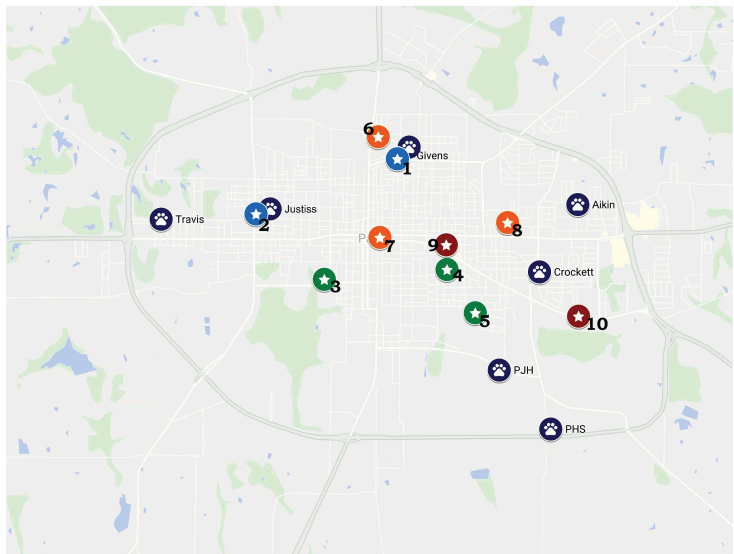
Need a paper  
assignment  
packet?



[View in Google Maps](#)

### Paris ISD COVID-19 Grab & Go Locations

- Grab & Go Locations
1. Givens Elementary School  
10:00 - 1:00
  2. Justiss Elementary School  
10:00 - 1:00
  3. George Wright Homes  
11:00 - 11:30
  4. Sherman Court  
11:40 - 12:00
  5. Jackson Court  
12:10 - 12:30
  6. Boys & Girls Club  
11:00 - 11:20
  7. First Methodist/Splash Pad  
11:30 - 11:50
  8. Wade Park  
12:00 - 12:20
  9. 13th St SE & Margaret St  
11:00 - 11:20
  10. Spanish Oaks Apartments  
11:30 - 11:50



Locations where you can grab meals and assignment packets during at-home learning

(Times and locations as of 4/7/2020)

For updates, please visit [https://www.parisisd.net/351762\\_4](https://www.parisisd.net/351762_4)



## Mental Health/Trauma Tools:

### **Guidance for Families**

Help for families in talking to their children about the COVID-19 and how to help them best cope and manage their emotions – including managing their own emotions.

[http://info.mhs.com/digital-resource-toolkit?utm\\_campaign=CE-COVID%2019%20Updates&utm\\_source=hs\\_email&utm\\_medium=email&utm\\_content=84932723&hsenc=p2ANqtz--CfBYYN2pbySO1MX7MNmewIP4rs52eMqUiMuGQWiT0n-vKlsfXJfgslAhN-nse1QE1GThq5t1zsMXfeAa-B4ZA3oAmtWtxw34gpxumiFElyyNF2do&hsmi=84932723#Treatment-Resources](http://info.mhs.com/digital-resource-toolkit?utm_campaign=CE-COVID%2019%20Updates&utm_source=hs_email&utm_medium=email&utm_content=84932723&hsenc=p2ANqtz--CfBYYN2pbySO1MX7MNmewIP4rs52eMqUiMuGQWiT0n-vKlsfXJfgslAhN-nse1QE1GThq5t1zsMXfeAa-B4ZA3oAmtWtxw34gpxumiFElyyNF2do&hsmi=84932723#Treatment-Resources)

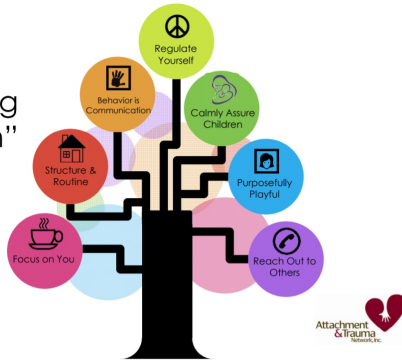
### **Psychological support for stressed parents**

<https://schoolclosures.org/psychological-support-for-stressed-parents>

## Trauma-Informed Parenting during our "Staycation"

*Tips for keeping our families rooted in safety and growing in connection during the COVID-19 Quarantine*

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<https://www.attachmenttraumanetwork.org/wp-content/uploads/social-distancing-infographic-final.pdf>

Be **KIND** to support loved ones during  
#coronavirus



Check in regularly especially with those affected



Encourage them to keep doing what they enjoy



Share WHO information to manage anxieties



Provide calm and correct advice for your children

Learn more to Be **READY** for #COVID19:  
[www.who.int/COVID-19](http://www.who.int/COVID-19)



## Behavior Support Tools:

**ADDITUDE**  
Strategies and Support for ADHD & LD

### Coronavirus Crash Course for Parents

*Keeping Kids with ADHD in "Study Mode" While Home from School*

Slides: [https://www.additudemag.com/wp-content/uploads/2020/03/3\\_19\\_20-Dolin-Coronavirus.pdf](https://www.additudemag.com/wp-content/uploads/2020/03/3_19_20-Dolin-Coronavirus.pdf)

Video: <https://www.youtube.com/watch?v=qMaFNF0knm8&feature=youtu.be>

Podcast: <https://www.additudemag.com/podcast-coronavirus-homeschooling-strategies-for-kids-with-adhd-dolin/>

Webinar: [https://www.additudemag.com/webinar/coronavirus-homeschooling-parent-strategies/?utm\\_source=eletter&utm\\_medium=email&utm\\_campaign=webinar\\_march\\_2020&utm\\_content=031620&goal=0\\_d9446392d6-049aae7e7a-297270053](https://www.additudemag.com/webinar/coronavirus-homeschooling-parent-strategies/?utm_source=eletter&utm_medium=email&utm_campaign=webinar_march_2020&utm_content=031620&goal=0_d9446392d6-049aae7e7a-297270053)



[https://attachments.convertkitcdn.com/16348/faab864e-86b7-4136-a1a9-92d321a1a74b/toileting\\_steps-visual-cue-cards-final.pdf](https://attachments.convertkitcdn.com/16348/faab864e-86b7-4136-a1a9-92d321a1a74b/toileting_steps-visual-cue-cards-final.pdf)



[https://drive.google.com/file/d/1jPl\\_QamuueMaRHxbpa8bzig6hp3q26pE/view?usp=sharing](https://drive.google.com/file/d/1jPl_QamuueMaRHxbpa8bzig6hp3q26pE/view?usp=sharing)



<https://sites.google.com/a/commerceisd.org/tri-county-ssa/speech-support/week-4-activities>



<https://sites.google.com/a/commerceisd.org/tri-county-ssa/social-emotional-resources/social-story-resources>



<https://starautismsupport.com/washing-hands-supports>

<https://starautismsupport.com/classroom-tools/Home-Supports>

<https://starautismsupport.com/classroom-tools/Home-Support-Webinars>

# Parent Corner:

## Tips + Resources

<https://www.enrichmentactivities.org/blog>

Call or text our free hotline at +1  
855 264 2051

**Information and free  
tutoring for families  
during COVID-19  
school closures**

<https://schoolclosures.org/>



World Health Organization: [Parenting in the time of COVID-19](#)

## 1 COVID-19 PARENTING One-on-One Time

Can't go to work? Schools closed? Worried about money? It is normal to feel stressed and overwhelmed.

School shutdown is also a chance to make better relationships with our children and teenagers. One-on-One time is free and fun. It makes children feel loved and secure, and shows them that they are important.

### Set aside time to spend with each child

It can be for just 20 minutes, or longer – it's up to us. It can be at the same time each day so children or teenagers can look forward to it.



### Ask your child what they would like to do

Choosing builds their self confidence. If they want to do something that isn't OK with physical distancing, then this is a chance to talk with them about this. (see next leaflet)

### Ideas with your baby/toddler

- Copy their facial expression and sounds
- Sing songs, make music with pots and spoons
- Stack cups or blocks
- Tell a story, read a book, or share pictures

### Ideas with your teenager

- Talk about something they like: sports, music, celebrities, friends
- Cook a favorite meal together
- Exercise together to their favorite music

**Listen to them, look at them.  
Give them your full attention.  
Have fun!**

### Ideas with your young child

- Read a book or look at pictures
- Make drawings with crayons or pencils
- Dance to music or sing songs
- Do a chore together – make cleaning and cooking a game
- Help with school work

For more information click below links:

Parenting tips from WHO

Parenting tips from UNICEF

In worldwide languages

EVIDENCE-BASE



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## 2 COVID-19 PARENTING Keeping It Positive

It's hard to feel positive when our kids or teenagers are driving us crazy. We often end up saying "Stop doing that!" But children are much more likely to do what we ask if we give them positive instructions and lots of praise for what they do right.

## 3 COVID-19 PARENTING Structure Up

COVID-19 has taken away our daily work, home and school routines. This is hard for children, teenagers and for you. Making new routines can help.

## 4 COVID-19 PARENTING Bad Behavior

All children misbehave. It is normal when children are tired, hungry, afraid, or learning independence. And they can drive us crazy when stuck at home.

## 5 COVID-19 PARENTING Keep Calm and Manage Stress

This is a stressful time. Take care of yourself, so you can support your children.

## 6 COVID-19 PARENTING Talking about COVID-19

Be willing to talk. They will already have heard something. Silence and secrets do not protect our children. Honesty and openness do. Think about how much they will understand. You know them best.

[click the images to download the full PDF files](#)

## Additional Resources/Links

# VISIT OUR WEBSITE

<https://www.parisisd.net/SpecialServicesAtHome>



## remind

for psychological services

If your child is served by special education and you would like to receive mental health resources and alerts during at-home learning, please sign up for the LSSP's Remind group.

LSSP Alerts  
@lsspal

Text this code to

81010

(Include the @ symbol)

## remind

for psychological services

If your child is served by special education due to an emotional disability or receives direct/consult Psychological Services from the LSSP, please sign up for the LSSP's Remind group on their campus.

Justiss  
@fieldjes

Aikin  
@fieldaes

Crockett  
@fieldcis

PJH  
@fieldgjh

Text their  
campus code to

81010

(Include the @ symbol)

PHS  
@fieldphs

Travis  
@msfieldth

click on the colored boxes above to join the Remind classes

### District Support Team:

Elizabeth Field, District LSSP [elizabeth.field@parisisd.net](mailto:elizabeth.field@parisisd.net)

Sandy McGregor, Special Education Behavior Specialist [sandy.mcgregor@parisisd.net](mailto:sandy.mcgregor@parisisd.net)

Angela Reid, District Behavior Specialist [angela.reid@parisisd.net](mailto:angela.reid@parisisd.net)

Joi Roberts, Special Education Director [joi.roberts@parisisd.net](mailto:joi.roberts@parisisd.net)

Savannah Wood, LPC Special Education [savannah.wood@parisisd.net](mailto:savannah.wood@parisisd.net)