



# PRIMARY CARE VIRTUAL DROP-INS

The Impact on Schooling and finding moments of resilience during the COVID pandemic

# OBJECTIVES



1. Discuss difficult cases, the impact of the the pandemic on education.

2. Helping families find resilience in the face of school and pandemic stress. Sleeping, eating, exercising, socializing.

3. Practice managing stress through self-care exercises and group support.

# THE PANDEMIC + SCHOOL

What kinds of issues are your families facing?



# PANDEMIC + SCHOOL

What kinds of issues are your families facing?

Distance, hybrid and in-person with masks.



## Externalizing kids

- Cant sit still in front of computer!
- Bored, difficulty maintaining attention

## Families

- Parents juggling work or financial stress + helping kids pay attention, manage conflict

## Internalizing kids

- Isolation, frustration, sadness
- Apathy becomes slippery slope towards disengagement

## Families

- Parents juggling worries about virus + helping kids connect

# PANDEMIC + SCHOOL

What strategies/resources have you found helpful?



## Externalizing kids

- Scaffolding learning environment with minimal distractions.
- Creating natural breaks for standing up, moving. Tag team.
- Visual cues, schedule, transition time.

## Internalizing kids

- Create rituals and times to process difficulties.
- Create opportunities for social connection.



# FAMILY RESILIENCE

- Capacity to withstand and rebound from adversity.
- More than surviving, resilience involves positive adaptation.
- The ability to thrive, with the potential for positive growth, forged through the difficult experience.

(Walsh, 2020)

# FAMILY RESILIENCE

Fostered by shared beliefs

1. *There is meaning in the crisis and challenges*
2. *There can be important moments with a positive hopeful outlook that supports active agency*

(Walsh, 2020)



# THE ART OF THE POSSIBLE

Where you focus guides your experience and experience is the stuff of life.

“Do all you can, with what you have, in the time you have, in the place you are.”

# HELP FAMILIES REACH UP, REACH DOWN...

## Up

- Draw support from philosophic, ethical, spiritual, religious values.

## Down

- Be **grounded** to place, environment, nature and outdoors.

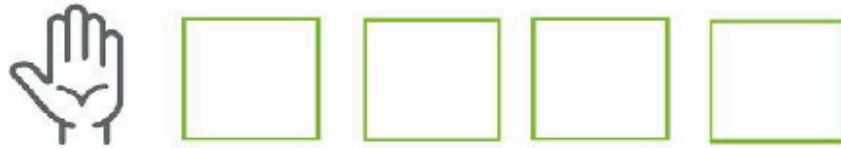
## In

- Find joy and pleasurable experiences, practice gratitude.

## Around

- Creatively use technology to foster healthy social support and connection.

# 5 4 3 2 1 Grounding Exercise



# NEW ROUTINE AND RITUALS

- Many social rituals have been lost or drastically altered
  - Graduations, marriages, funerals, religious ceremonies, school and work week
- New rituals can maintain connections
  - Drive-by celebrations, zoom meet-ups (euchre), post-it notes, family cooking and meals
- What are your new rituals? **Chat room**
  - Worry time, cooking/baking together, watching movies/a series together, nature walks

# REFERENCES & RESOURCES

Fraenkel, P & Cho, WL. (2020). Reaching up, down, in, and around: couple and family coping during the coronavirus pandemic. *Family Process*.

<https://doi.org/10.1111/famp.12570>

Walsh, Froma. (2020). *Family Process*. 59(3): 883-897. Loss and Resilience in the Time of COVID-19: Meaning Making, Hope, and Transcendence.