

# CARE

OF SOUTHEASTERN MICHIGAN

## Communication: How to Engage and Inspire Parents and Children with Special Needs During Coronavirus-19



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**Life Happens. We can Help.**



# Forms of Communication

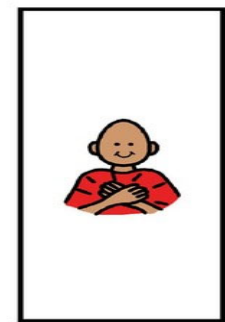
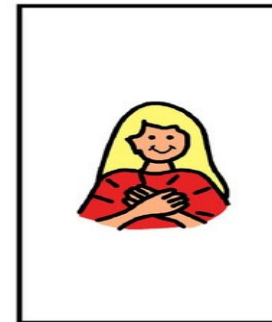
Communication skills:

- Verbal Communication
- Non-Verbal Communication
- Active Listening

# Examples of verbal Communication

- ▶ Stay honest and simple with conversations to lessen anxiety.
- ▶ Share a social story to prepare for an event that is outside of their routine.

I CAN KEEP MY BODY CALM!



I Can Keep My Body Calm!

# Examples of Nonverbal Communication

Behavior:  
Meltdowns or Tantrums

## Visual Schedule


- No more than four pictures



## Chart

- Feelings and Emotions

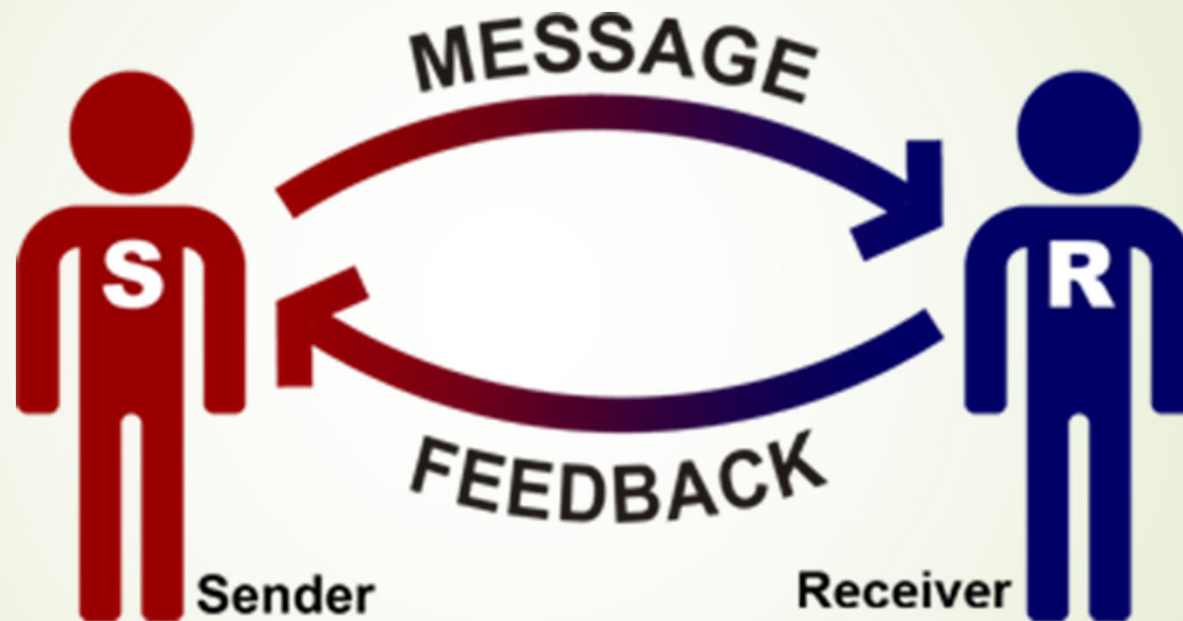




# Sample of Information Created for and by Individuals With Special Needs

- ▶ <https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf>

# Example of Active Listening





# Communication is Key

- ▶ Allow conversations that express frustration, fear and concern
  - ▶ Don't dismiss their feelings
  - ▶ Listen and reflect their thoughts and worries with empathy
  - ▶ Offer if willing to accept hugs and high fives for positive interactions
  - ▶ Avoid watching the news constantly and information overload




# Communication is Key (con't)

- ▶ Share information from reputable websites:
  - ▶ Center for Disease Control & Prevention (CDC)
    - ▶ [CDC.gov](http://CDC.gov)
  - ▶ Macomb Intermediate School District
    - ▶ [MISD.net](http://MISD.net)
  - ▶ Local School District Website
  - ▶ Michigan Alliance For Families
    - ▶ [Michiganallianceforfamilies.org](http://Michiganallianceforfamilies.org)






## Routine & Schedules Have Changed: Create a New One

- Set a school day schedule
  - Keep it as close to your child's normal school schedule as possible
  - Grade school age or older, create specific times for academic work, fun activities as well as breaks
  - Less anxiety and more cooperation when a schedule is provided with start and end times
- 



# Learning: Traditional and Non-traditional

- ▶ Verify with your local school districts when homework packets were distributed by e-mail or paper packets that were available for pick up
- ▶ E-learning: websites that provide instructional learning with or without grades
  - ▶ KhanAcademy.com, PBSKids.org, Classroommagazines.scholastic.com
- ▶ If e-learning is not an option, use everyday experiences as teaching options.
  - ▶ Singing, dancing, coloring, and painting.
- ▶ If there are challenges accessing the work provided by the school,
  - ▶ Contact the school, special education teacher, an Administrator let them know specific needs or areas of difficulty accessing the content



# Example of a Mock Schedule

## Our Weekly Homeschool Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Morning:</i> Read aloud Reading Handwriting Math	<i>Morning:</i> Read aloud Reading Handwriting Science Experiment Spanish	<i>Morning:</i> Read aloud Reading Handwriting Math	<i>Morning:</i> Read aloud Reading Handwriting Science Experiment Spanish	<i>Morning:</i> Art Pottery Class
<i>Afternoon:</i> Play time	<i>Afternoon:</i> Play time or Bi-weekly Playdate	<i>Afternoon:</i> Play time	<i>Afternoon:</i> Play time	<i>Afternoon:</i> Play time
<i>Evening:</i> Book and story time	<i>Evening:</i> Book and story time	<i>Evening:</i> Book and story time	<i>Evening:</i> Book and story time	<i>Evening:</i> Book and story time



## Educational Sites & Mental Health Services

- School districts are working on ways to provide access to mental health services and telehealth programs with School Workers and Psychologists.



# Prevention, Power and Protective Factors

- How can your child gain the power to cope with stress and fear? **Protective Factors.**
- **What are Protective Factors?** They are ways to reduce the effects of stressful life events.
- **Why are Protective Factors important?** Strong relationships and healthy coping skills reduce the urge to use drugs, alcohol and/or engage in unhealthy behaviors during social distancing.



# Patience and Understanding

- Keep patience and understanding in the forefront
- It's ok not to have all the answers
- Work together to find answers
- The change in their routine is not perfect, but it is not permanent either



# Questions



# Resources

- <https://www2.ed.gov/policy/speced/guid/idea/memosdcltrs/qa-covid-19-03-12-2020.pdf>
- <https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf>
- [https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html)
- <https://www.michiganallianceforfamilies.org/>
- <http://www.nationalparenthelpline.org/find-support>
- [https://qrcgcustomers.s3-eu-west-1.amazonaws.com/account4876975/6552153\\_1.pdf?0.85841887098649](https://qrcgcustomers.s3-eu-west-1.amazonaws.com/account4876975/6552153_1.pdf?0.85841887098649)
- <https://mamaofletters.com/2014/09/16/our-2nd-grade-homeschool-schedule-and-curriculum-with-pre-k-too/>




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