

# Looking Ahead to Summer: Helping Campers and Parents Cope With Change, Loss, and Challenges



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Managing the ongoing information, changing situation, and stress of coronavirus and recent events are key to good health and well-being. Here are some brief tips to keep in mind when tackling the issue with your children.

# Overview

- **What we are all facing**
- **What children/teens are facing**
- **What reactions to expect**
- **What you can do**
- **When to get help**

# Characteristics of COVID-19 situation

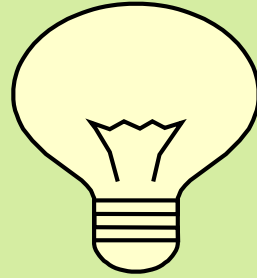
- It effects everyone
- It's end unknown
- Disruptive
- Real fears
- Abundance of information

Brown, EJ, (April 2020) *COVID-19: Promoting Mental Health through a Trauma-Informed Lens*

# COVID-19: Various Issues

- Change
- Loss
- Challenges
- Social world
- Worries
- Needs

# Reactions: thoughts, feelings, behaviors



**THOUGHTS**

**FEELINGS**



**BEHAVIORS**



# Healing and Resilience

- With all they are facing, stress and worry is expected
- There is a natural course to healing
- The majority recover, do well
- “Resilience refers to the positive adaptation to adversity, trauma, tragedy, threats, or even significant sources of stress”

## Helping: What to say and do

- Be a role model
- Provide structure
- Listen
- Encourage communication
- Be honest
- Empathize and validate feelings
- Problem solve & involve the child
- Stay connected



# How to help: be a coping coach

1. ASK & ACKNOWLEDGE
2. ACCEPT & ADJUST
3. AFFIRM
4. ACT & ACCESS STRATEGIES

## When to get help

- Reactions and behavior:
  - ✓ Newly merge
  - ✓ Become worse
  - ✓ Go on too long
  - ✓ Happen more often
  - ✓ Change
  - ✓ Interfere

# Resources

## DrRobinGoodman.com

- American Academy of Child and Adolescent Psychiatry Talking to Children About Coronavirus (COVID19) [https://www.aacap.org/App\\_Themes/AACAP/Docs/latest\\_news/2020/Coronavirus\\_COVID19\\_Children.pdf](https://www.aacap.org/App_Themes/AACAP/Docs/latest_news/2020/Coronavirus_COVID19_Children.pdf)
- KidsHealth.org Coronavirus (COVID-19): How to Talk to Your Child <https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>
- National Association of School Psychologists Talking to Children About COVID-19 (Coronavirus) [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)
- NCTSN Simple Activities for Children and Adolescents With No Screen Time <https://www.nctsn.org/resources/simple-activities-children-and-adolescents>
- NPR Just For Kids: A Comic Exploring The New Coronavirus <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>
- SAMHSA Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks, <https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006>
- SAMSHA Coping With Stress During Infectious Disease Outbreaks <https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>
- CSTS Online Sheets Discussing Coronavirus with Your Children [https://www.cstsonline.org/assets/media/documents/CSTS\\_FS\\_Discussing\\_Coronavirus\\_w\\_Your\\_Children.pdf](https://www.cstsonline.org/assets/media/documents/CSTS_FS_Discussing_Coronavirus_w_Your_Children.pdf)