

Creating a Meaningful and Memorable Summer 2020



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Overview

- Identifying current challenges
- Issues facing children and families
- Managing emotions
- Managing expectations
- Practical summer strategies

Identifying current summer challenges

- Coronavirus virus is still a part of daily life
- Disappointment at ongoing situation
- Fatigue, lack of control
- Hoped for summer not possible
- Longing for return to normal/old routines and activities
- Variation in level of fear
- Range of health precautions

Issues facing children and families

- Natural and healthy development: disrupted
- Social: feeling disconnected, lack of peer group, changed or paused relationships
- Emotional: anger, frustration, boredom, worry
- Practical: natural outlets and supports
- Learning: academic and social experiences paused
- Creative: desire for new skills, experimenting, learning, audiences

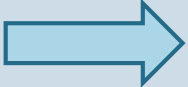
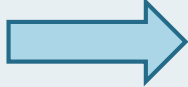

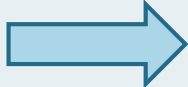
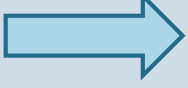
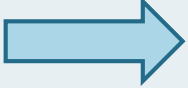
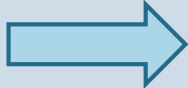
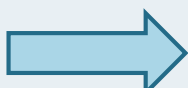
Managing emotions

- Be open & listen
- Be honest
- Be empathic, validate
- Be mindful
- Be flexible
- Be grateful

Managing expectations

- Summer is different, *this* summer is different
- Reality for parents
- Reality for children/teens
- Acknowledge loss and disappointment
- Consider age appropriate experiences
- It's not the same; revise rather than duplicate
- Be careful about promises
- Socializing: quarantine bubble, trust circles, comfort criteria - you & your child

Resilient = reframe & act

Losing		Connecting
Missing		Exploring
Protecting		Problem solving
Minimizing		Realizing
Enabling		Helping
Recreating		Generating
Avoiding		Navigating
Hiding		Helping



Summer mindset

- Most missed
- A passion, a focus, something new, something tried & true
- Something to let go of
- Assess need for review, extra help but fun
- Prepare for return to school routine, academics



Planning

- Make summer different: non school
- Rituals old and new: reminisce
- Family meeting: plan, review, reset, repeat
- Ongoing evaluation: what worked and not worked
- Schedule, limits, activities: routines, general & specific
- Buy in and collaboration: team
- Family, alone, peer: time and projects



Technology

- What type & purpose
- How much, how often, when
- Role model
- Monitor

Physical Activity

- Type and level

PRACTICAL



STRATEGIES

Be creative

- Adapt: translate elements of past joys to present circumstances
- Theme: holidays, topics, history, characters, anything goes
- Find meaning and make art: time capsule
- Use nature: outdoor art, sculpture, family/peer create fest
- Research: new skills, classes, virtual offerings, deeper dive
- Seek mentors and role models: famous artists past & present
- Quarantine creations/performances/solutions: own & others



Be creative

- Social issues focus: related creative outlet, work
- Create for a cause: what can your art do to communicate, educate, support others
- Ethnographic Interviews: objects, visual dialogues, musical memories
- Past or current history: video, verbal, visual arts themes or crafted diaries
- Shared family activity: learn together, create together

PRACTICAL



STRATEGIES

S = something creative

U = unplug

M = memory

M = mindful

E = energetic

R = reach out

When to get help

Reactions and behavior:

- newly merge
- become worse
- go on too long
- happen more often
- change, regression
- interfere

You matter: get support and be aware of your needs

Acceptance & self care

What if?

What if 2020 isn't cancelled?

What if 2020 is the year we've been waiting for?

A year so uncomfortable, so painful, so scary, so raw — that it finally forces us to grow.

A year that screams so loud, finally awakening us from our ignorant slumber.

A year we finally accept the need for change.

Declare change. Work for change. Become the change.

A year we finally band together, instead of pushing each other further apart

2020 isn't cancelled, but rather the most important year of them all.

Visualize your what if

- *Embrace this as a time to grow.*
- *Imagine yourself waking from a slumber with reawakened energy & a fresh start.*
 - *Accept the need for change.*
 - *Declare you can or want change.*
 - *Affirm you can work for change.*
 - *Proclaim you can become the change.*
 - *Identify who can help as you band together.*
- *Realize 2020 is the most important year of them all.*

Creative, social, active, learning resources

- Growing Friendships During the Coronavirus
<https://eileenkennedymoore.com/growing-friendships-during-the-coronavirus-pandemic/>
- We are Teachers
<https://www.weareteachers.com/easy-science-experiments/>
- The Artful Parent
<https://artfulparent.com/kids-arts-crafts-activities-500-fun-artful-things-kids/>
- Parents.com
<https://www.parents.com/fun/games/educational/get-smart-fun-learning-activities/>

Creative, social, active, learning resources

- Action for Healthy Kids <https://www.actionforhealthykids.org/covid-19-resources-physical-activity-nutrition-more/>
- Mommy Poppins
<https://mommypoppins.com/newyorkcitykids/25-exercise-games-indoor-activities-for-kids>
- At Home with the Child <https://www.srcd.org/event/home-child-experts-science-screen-time-during-covid-19>
- NCTSN Simple Activities for Children and Adolescents With No Screen Time <https://www.nctsn.org/resources/simple-activities-children-and-adolescents>
- Experts: The Science of Screen Time During COVID-19
<https://www.youtube.com/watch?v=Dhxkcx9eEu8&feature=youtu.be>

Physical and mental health resources

- Personal networks: family, friends, teachers, clergy, pediatricians, find a therapist listing
- National Child Traumatic Stress Network nctsn.org
- Disaster Distress Helpline 1-800-985-5990; text 'TalkWithUs' to 66746 (Spanish-speakers can text 'Hablanos' to 66746)
- NYC Well 1-888-NYC-WELL
- Health Information Tool for Empowerment (HITE) www.hitesite.org
- Help Now NYC (COVID-related assistance)
<https://www1.nyc.gov/site/helpnownyc/index.page>
- **DrRobinGoodman@gmail.com**