

# Parents Page

May 2022



## Reducing Your Child's Pandemic Stress

Parents, as the pandemic lingers on, you may notice that your child's stress levels have continued to rise, instead of improve. Even heading back to a preschool or childcare setting after being at home for so long can cause a great deal of anxiety for children. For many children it will be their first time in the care of others. If your child is continuing to experience stress related to the pandemic there are things that you can do to help alleviate those feelings.

First is to recognize what stress looks like for your child. Here are some examples as identified by the World Health Organization:

They may become more clingy, anxious, angry, withdrawn or agitated. They may revert back to behaviors that they have outgrown such as bedwetting or throwing tantrums.

Parents, how you address your child's fear is very important. Children look to their parents for physical and emotional safety. Parents need to focus on reassuring their kids that they are there for them and will get them through challenges together. You can do that by:

- Acknowledging your child's feelings.
- Being honest with them when addressing their concerns.
- Offer extra hugs, making sure that they know they are loved and that you are there for them.

### Some Healthy ways to help your child manage stress

- Maintain a regular routine. Routines can build resilience during times of crisis, so don't overlook how having a regular routine can benefit your child.
- Be Realistic & Excited About School. Even as things begin to feel normal-like returning to school-kids can still experience high stress levels.
- Get outside Often. Look for ways to get outside with your kids as often as possible, such as walking, biking, or hiking together.
- Find ways to connect with others. Being disconnected from friends and family for a long period of time is very stressful for young people.
- Model how to manage stress. Demonstrate how to manage stress through mindfulness, exercise, breathing exercises, and healthy eating.

### What impacts have we seen in Early Care and Education?



Some concerns that are being brought forward by researchers are that children are lagging behind in speech and language, due to reduced exposure to new vocabulary and the widespread use of mask wearing during the pandemic. This also had an impact of children's development of social and emotional skills.

- There are several things that parents can do to support their children's speech & behaviors:
- Use simple sentences and make your voice sound interesting by using lots of intonation & using facial expressions.
- Talk to your child about whatever they show interest in.
- Look for opportunities to develop your child's vocabulary by visiting places like libraries, parks and meeting up with friends and family.
- Organize play dates and attend community events.

As much as the pandemic has led to isolation and social deprivation it has also brought families closer together. Children were relying on their parents for emotional, and educational supports. As children and parents grew closer so did parents and educators. Family engagement in their child's education became crucial. Families and schools needed to be partners in supporting kids. As children transition back into more traditional environments, the relationship between caregivers and educational providers is more important than ever. Your relationship with those providers is important. As we look at transition of those children from preschool to kindergarten it becomes paramount. Some ways you can be successful is to do early registration with your child's school, attend open houses or kindergarten round-ups, ask for a home visit with your child's teacher and participate in Move-up activities. Links and contact information will be listed below to help you coordinate with your child's school and get off to a good start.

**Humbolt Elementary:** is working on developing a fillable registration form on their website: <http://humboltelementary.weebly.com/> or contact Katrina @ 541 575-0454.

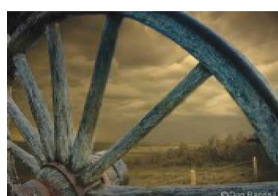
**Long Creek School:** You may obtain registration paperwork from the school's office or get a k-6 registration form from their website <http://www.longcreekschool.com/forms-portals.html/> Jennifer @ 541-421-3896

**Monument School:** Please pick up enrollment package at the schools business office, if you have questions contact the school at 541-934-2426 or [www.monumentschool.com](http://www.monumentschool.com)

**Prairie City School:** Please contact the school at 541 575-3314 or log on to their website at [www.pcsd4.com](http://www.pcsd4.com) to download a registration form.

**Dayville School:** Contact Lori Smith registrar 541 987-2412 or [smithl@granted.k12.or.us](mailto:smithl@granted.k12.or.us) [www.dayvilleschools.com](http://www.dayvilleschools.com)

**Seneca School:** Office 541 542-2542 or [www.senecaoregon.com/seneca-school](http://www.senecaoregon.com/seneca-school)



This article is brought to you by the  
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