BHIPP RESILIENCE BREAKS
Healthy Routines & Strategies to Support Families Working & Learning from Home During COVID-19

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Who We Are – Maryland BHIPP

Offering support to pediatric primary care providers through free:

- Telephone consultation (855-MD-BHIPP)
- Resource & referral support
- Training & education
- Regionally specific social work co-location (Salisbury University and Morgan State University)
- Project ECHO®

Coming soon!

- Direct Telespsychiatry & Telecounseling Services
- Care coordination

Supported by Maryland Department of Health, Behavioral Health Administration
Meet The Presenters

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By the end of this session, learners will be able to:

1. Give advice to patients and families to establish and maintain healthy routines for working and learning at home
2. Explain the importance of routines for child and adolescent mental health
3. Name 3 resources and/or strategies to promote child and family mental health during COVID-19
Disclosures

• No commercial or financial interests to disclose
Families may be Experiencing Stress and Anxiety Due to Coronavirus

Other common responses during a disease outbreak like Coronavirus can include:

- Worry and fears about:
  - Health of self and loved ones
  - Financial concerns
- Changes in sleep and eating patterns
- Difficulty concentrating
- Increased substance use
- Increased physical complaints (e.g., headaches, body pains)
- Regression to things children did when they were younger
Coronavirus is Impacting Parenting Capacities

Parenting During the Coronavirus Pandemic

Figure 4. Parental Punishment Since Coronavirus

- Took privileges away
  - A few times or more: 43%
  - Once: 19%
  - Never: 38%

- Shouted, yelled, screamed at child
  - A few times or more: 41%
  - Once: 20%
  - Never: 39%

- Put child in time-out
  - A few times or more: 39%
  - Once: 19%
  - Never: 42%

- Spanked or slapped child
  - A few times or more: 12%
  - Once: 8%
  - Never: 80%

Figure 5. Many Parents are Reporting Increased Child Discipline Since Coronavirus

- More conflicts: 25%
- Yelled at/screamed children more often: 19%
- Increased discipline: 15%
- Used harsh words more often: 9%
- Spanked or hit more often: 5%

What Parents are Saying about Parenting during the Coronavirus Pandemic...

• “My younger child is autistic and is struggling with the big changes happening as well as the loss of his therapies. He is more anxious & aggressive than usual.”

• “They [my kids] are confused. They don't understand fully the dangers of a pandemic. They want to play with their friends and are getting annoyed with the same routine at home, and playing only with each other. We are also rationing food and household items, and they are anxious and scared by that. I can see it in their faces and their volunteering to make sacrifices for us.”

• “She [my daughter] is just sad because she misses her friends at school and her teachers... She is tired of being stuck in the house and extremely bored. She has been quite mouthy the last couple of weeks, but I think it's out of sheer boredom.”

• “We are suddenly responsible for 1/3 of the school year's education and we are lost.”

• “I feel I've been somewhat distant even though I've been spending more time with the kids than ever.”

Being Supportive of Parents Efforts During the Pandemic

- Under any circumstance, parenting is hard and there is no such thing as a perfect parent.
- In the context of Coronavirus, parents are being asked to take on many new responsibilities, often with limited resources.
- Validate parents feelings/concerns – “It’s ok to feel anxious/scared/angry/lonely right now.”
- Remind parents that they are not alone in these feelings/concerns – “what you’re feeling is normal, many people around the country are sharing the same feelings/worries/concerns that you are.”
- Praise parents for their efforts to keep their families safe, healthy, and happy – “I know this is not an easy time for you and your family, but you are handling it the best way that you can.”
- Acknowledge that an increase in children’s screen time use is inevitable; urge parents not to stress and encourage them to be selective about content and to co-view with children when possible.
Strategies to Help Families During Coronavirus: Establishing Routines

• What are routines?
  • Behaviors that are regularly practiced
  • Examples: reading before bed, eating dinner together

• How does this help?
  • Help children feel safe and in control of their lives
  • Reduces stress
Strategies to Help Families During Coronavirus: Creating a Flexible Daily Schedule

KIDS DAILY HOME ROUTINE

MORNING
7:00 - 10:00 AM
- GET DRESSED
- BRUSH TEETH
- MAKE BED
- EAT BREAKFAST
- KITCHEN CLEANUP
- GET ACTIVE

LEARNING
10:00 - 12:00 PM
- MATH
- SPELLING
- READING
- PHONICS
- GEOGRAPHY
- ONLINE LEARNING
- FLASH CARDS
- WRITING

LUNCH BREAK

CREATING
1:00 - 3:00 PM
- SENSORY PLAY
- PAINTING
- DRAWING
- PLAYDOUGH
- MUSIC PRACTICE
- EXPERIMENTS
- CRAFTS
- SEWING
- LEGO

EVERNING
4:00 - BEDTIME
- FAMILY DINNER
- HOUSE CLEANUP
- BATH/SHOWER
- PAJAMAS
- FAMILY GAME
- READING

*Circle the activities you choose to do with your children daily

*Make sure you plan activities that include child-centered time

*Let your child pick some of the activities!

https://www.superhealthykids.com/parenting/at-home-flexible-daily-schedule-for-kids/
Strategies to Help Families During Coronavirus: Creating a Flexible Daily Schedule

https://www.superhealthykids.com/parenting/at-home-flexible-daily-schedule-for-kids/

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<td>Sort Mail</td>
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<td>Set up learning 'centers'</td>
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<td><strong>Free Play</strong></td>
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<td>Ride Bikes</td>
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<td>Build a block city</td>
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<td>Playdough Creations</td>
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<td>Build and color a box fort</td>
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<td>Service</td>
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<td>Photography</td>
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Strategies to Help Families During Coronavirus: Spending child-centered time

• What is “child-centered” time?
  • Time parent spends with their child focused on what *the child* wants to do
  • Follow the child’s lead
  • Can be as brief as 10-15 minutes/day

• How does this help?
  • Reduces likelihood children will use negative behavior to gain parent’s attention
  • Promotes feelings of love, warmth, positive self-esteem
Strategies to Help Families During Coronavirus: Ways to Spend Child-centered Time with Children of Different Ages

**With babies or toddlers:**
- Sing songs, make music with spoons, pots, and pans
- Stack cups or blocks
- Tell a story, read a book or look at pictures

**With younger children:**
- Draw with crayons or pencils
- Dance to music or sing songs
- Read a book or look at pictures
- Let them help with preparing a meal
- Play dress up with your old clothes

**With older children/teenagers:**
- Talk with them; they pick the topic
- Cook a favorite meal or bake together
- Exercise together
- Connect with family and friends via social media
- Play a board game together

Strategies to Help Families During Coronavirus: Resources for Safe Online and Offline Activities for Children

Reading Activities
• Free children’s stories: stories.audible.com
• More stories: https://www.storylineonline.net/
• Free books for young children: https://imaginationlibrary.com/
• For older children: https://about.readworks.org/parents.html

Math and Science Activities
• Math activities: http://bedtimemath.org/fun-math-at-home/
• Science activities: https://californiasciencecenter.org/stuck-at-home-science
• For older children: https://about.readworks.org/parents.html

Physical activities
• Helping kids stay active: https://www.gonoodle.com
• Mindfulness/yoga for kids: https://cosmickids.com
• https://www.yoremikids.com/app
• https://fluencyandfitness.com/

Other Fun and Educational Activities
• https://pbskids.org/
• https://www.education.com/games/
• https://www.starfall.com/h/
• https://www.khanacademy.org/
• https://www.abcmouse.com/
• https://www.adventureacademy.com/

Specific to COVID-19
• https://sesamestreetincommunities.org/topics/health-emergencies/
Strategies to Help Families During Coronavirus: Self-care Tips for Families

- Limit exposure to news/media
- Maintain connections with family and friends via phone, email, zoom etc.
- Take a break to breathe/relax

![Take a Pause](image)
Strategies to Help Families During Coronavirus: Self-care Tips for Families

CALM DOWN WITH TAKE 5 BREATHING

1. Stretch your hand out like a star.
2. Get the pointer finger of your other hand ready to trace your fingers up and down.
3. Slide up each finger slowly ~ slide down the other side.
4. Breathe in through your nose ~ out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down.

Keep going until you have finished tracing your hand.

How do you feel now? Are you calm or would you like to take another 5 breaths?
BHIPP is Available to Provide Support to PCPs During Coronavirus

BHIPP is open.

The BHIPP phone line remains open during this challenging time to support primary care clinicians in assessing and managing the mental health needs of their patients.

1-855-MD-BHIPP
(1-855-632-4477)

www.mdbhoff.org

Ways to Connect:


➢ Sign up for our newsletter: https://mdbhoff.org/contact.html

➢ Follow us on Twitter: @MDBHIPP
Upcoming BHIPP Resilience Breaks Learning Sessions

Talking to Kids About COVID-19
Thursday, May 14th, 12:30pm-1:30pm

Provider Resilience
Thursday, June 11th, 12:30pm-1:30pm

*Additional dates & topics to follow

BHIPP Resilience Breaks
Register at: bit.ly/BRBreg

Join the BHIPP Team for a series of interactive, virtual learning sessions on practices, strategies and resources to support patient, family and provider resilience during COVID-19.

Maryland BHIPP
Discussion Questions

- What are you noticing about how the families you work with are adjusting to the new home and school structure?
- What successes or evidence of resilience are you seeing so far among the families that you work with?
- What are the challenges that you are encountering in your work with families? Would you like to pose any of these to the group for support and problem-solving?