

Behavioral Resources for Parents

As we adapt to this new normal, we understand that parents are juggling a lot. In an effort to support parents, we've created this document to house resources that might be helpful during this time. As we learn more, we will continue to refine, make additions, and offer additional resources in a variety of modalities.

We recognize that parents' are the experts on their children and that even the most exhaustive list of resources and supports may not address the unique challenges families are currently facing. We hope that parents are able to give themselves grace, practice self-care, and prioritize connection with their families during this time.

Online Resources

[Denver Public Schools Coronavirus Resources for Families and Students](#)

If you have any COVID-19 district questions, please see the information on the DPS website above, contact the Corona virus hotline 720-424-4357, or email CoronavirusInfo@dpsk12.org

Behavior Support Resources:

[Positive Behavioral Strategies to Support Families at Home](#)

[10 Quick Tips for Supporting Behavior at Home](#)

[Supporting Stress in Student's by Age](#)

[Verbal De-escalation Power Point](#)

Home Support Tools:

[Schedule & Curriculum Support by Grade](#)

[Talking to Children About Coronavirus](#)

[Free Apps for Regulation & Relaxation](#)

[Casel Social Emotional Learning Resources During COVID-19](#)

Mental Health/Crisis Supports Resources

- Colorado Crisis Hotline for Mental Health: 1.844.493.8255
- Walk In Clinic: (no appointment necessary): MHCD 4353 E. Colfax Ave Denver, CO
- National Suicide Hotline 1.800. 273. TALK or text: 839863
- Mobile Crisis – Denver Health and Hospital 303.602.7220
- Trevor Project (LGBTQ+): 1.866.488.7386
- Get support regarding your anxiety or stress by speaking to a trained counselor at SAMHSA Disaster Distress Helpline at 1-800-985-5990 or by texting TalkWithUS 66746.
- Contact your physician or your insurance company (if they have a consultation line) to ask health-related questions or to seek mental health support.
- Learn more ways to help your family. Additional resources can be accessed at:
 - www.NCTSN.org
 - www.healthychildren.org
 - www.cdc.gov/coronavirus/2019-ncov/specific-groups/children-faq.html

If you are having a mental health emergency, call 911 or go to the Emergency Room.

Home Behavior Supports

Practice Self-care

- Do something intentional to take care of your mental, emotional, physical and spiritual health daily, so that you're replenishing your own needs.
 - Think small & choose a daily practice that is doable
 - For example: take a 10 minute walk outside, write down 3 things you are grateful for, spend 5 minutes meditating, increase hydration - drink an extra glass of water, spend 10 minutes journaling, etc.
 - Consider: What area do you need replenishment in right now? What small thing could you do daily to practice intentional self-care in this area?
- Give yourself GRACE - you're juggling a lot right now and it's not going to be perfect. This is a great opportunity to model flexibility for your child by letting some things go and extending grace to yourself and others.

Get Curious About Behavior

- Check in with yourself first - it's important that we, as adults, are mindful of own emotions so we can respond appropriately to behavior.
- Remember that these are stressful times and that may be increasing likelihood of challenging behaviors
- Recognize stress in your child and offer support: see [Supporting Stress by Age](#)
- Remember that behavior is a form of communication - think about what your child is hoping to communicate

Create or Maintain Routines

- Try to maintain a consistent schedule that works well for your child and family
 - Consistent bedtime, wake up time, meal time
- Schedule movement and mindfulness breaks throughout the day
- Consider routines that signal and separate work time
 - Designate a specific work space in the home for your child
 - Have your child get dressed as they would for school each day
- If you need resources for grade level activities see [here](#)

Maintain Relationships

- Prioritize connection with your child
 - Consider behaviors or demands you can let go of, for now
 - Connect over a new challenge or activity you can try together
 - Reflect on gratitude with your child daily
- Connect with family and friends via Zoom, FaceTime, email or by mailing pictures or letters
- Reach out to connect with your child's teachers once we return from the extended spring break
- Work with your child on setting goals. Here's an [example](#)

If you need a break - take one! Here's some resources for a 15 minute break Movement and Meditation Breaks

- [GoNoodle](#) - Website with movement breaks of all kinds for younger students
- [Free Apps for Regulation & Relaxation](#)
- [Download a mindfulness app](#)
- [Managing Stress Workbook \(Grades 6-12\)](#)

Support your student in understanding what is going on:

- Read about how to [talk to your children about coronavirus](#)
- Try using a social story for younger students : [Understanding coronavirus story](#) or [Greeting people social story](#)
- Offer opportunities for your child to express feelings, concerns, and ask questions

Behavior Management Strategies for Parents and Families



As a parent, family member or guardian, helping a child learn the healthy behaviors they will need to be successful in life is an important task – but it is not easy! It can feel challenging when there are behavior barriers, such as defiance or rule-breaking.

Behavior is a form of communication – our students communicate to us with their actions. To help your child adopt and reinforce healthy habits around behavior, consider the ten tips below.

1	Ask for what you want. Focus on the action you want your child to take. For example, say “walk” rather than saying the words “don’t run.”
2	Be consistent and provide clear expectations. Children (and adults!) do well when they understand what is expected of them and it is consistently reinforced. If you do need to make a change, let students know and ask them what they might need to be successful.
3	Practice empathy and forgiveness. Think back to when you were your child’s age. How were you treated when you made a mistake? Consider talking with your child to understand what he or she needs to correct their behavior.
4	Consider new approaches. Is your child struggling to put away shoes and belongings? Consider moving these items to a different spot to see if this improves the situation. Every situation is an opportunity to look for new solutions.
5	Show affection, admiration and appreciation. You know you love your children, but they know this through your behavior. Make sure to take time to say, “I love you,” give hugs, say kind words or other ways to show your child that you care. When we’re at home with our children all day, tension is certain to arise; consider practicing proactive breaks, daily gratitude or creating a (goofy) code word to encourage pausing and returning to address challenges when everyone is calm.
6	Highlight the positive. It can be easy to focus on the negative when you feel stressed or frustrated. Try a star chart or other way to showcase the good work that your student is doing.
7	Use “if, then” statements. Help your child understand how cause and effect can work with behavior by using statements such as: “If you put on your shoes, we can walk to the park.” or “If you help me put the groceries away, we will have time to play a game together.”
8	Use humor to defuse the situation. Sometimes dealing with behavior barriers can be challenging, but humor can be a positive way to de-escalate yourself and others around you.
9	Model the way. Our children learn by example and look to you to see what behavior is appropriate and what is not. Be aware of what behavior you model for your student. Talk with your child about how appropriate behavior looks different depending upon their age.
10	Practice self-care. Self-care means taking steps to ensure your physical, mental, emotional and social health. This can look like spending time with friends, taking walks, choosing healthy meals and other ways to help decrease your stress levels and give you more energy to help your child be successful.