



Effective School Solutions

Reinventing K-12 Mental Health Care

Laine's Parenting Through Pandemic NHA® Pro Tips

1.) Create some level of predictability and a normalcy by developing a schedule that can be maintained. When kids have a routine or a general idea of what to expect they feel emotionally safe which leads to better behavior.

2.) Include mindfulness in the schedule –kids can reference this time when asked to reset. As a reminder, the reset is not punitive it is an opportunity to get back to greatness.

3.) During stressful moments, “reset” early and often when you begin to leak negativity. Kids read this energy like braille. In these tense moments model self regulation techniques such as deep breaths.

4.) Remember, even if these most uncertain times there are opportunities to recognize greatness all around us.