

School Transitions during COVID-19: A Toolkit for Military-Connected Families

Supporting Your Children's Socio-Emotional Health and Wellness Toolkit

The Need

Supporting your family's socio-emotional needs while PCSing is almost always challenging. During the COVID-19 pandemic, however, families face a host of new and unexpected changes including extended remote learning, prolonged social isolation, and increased stress or anxiety experienced by both parents and children. Many military parents have acknowledged that the additional COVID-related socio-emotional challenges heighten their usual concerns about how best to support their children's needs during the family's PCS. This Socio-Emotional Health and Wellness Toolkit aims to provide you with resources to meet those COVID-related challenges and to build on your traditional resiliency as a military family.

Whether PCSing or not, this curated collection of resources will empower you as you support your family's socio-emotional health and wellness during these turbulent times.

Tool Description

This toolkit is organized according to common challenges – based on surveys and feedback from military-connected parents undergoing, or supporting families undergoing, a PCS during Summer 2020 – and includes links to responsive resources for military-connected families to explore and use.

Each section features two categories: *Build Your Knowledge* and *Tips & Tools*. The *Build Your Knowledge* section provides information about a common socio-emotional challenge and can help expand your understanding of a particular topic and gather insightful information from reputable organizations. The *Tips & Tools* section organizes an array of information according to topics and age-specific expert advice and tools, including conversation starters, online activities, and printable worksheets.

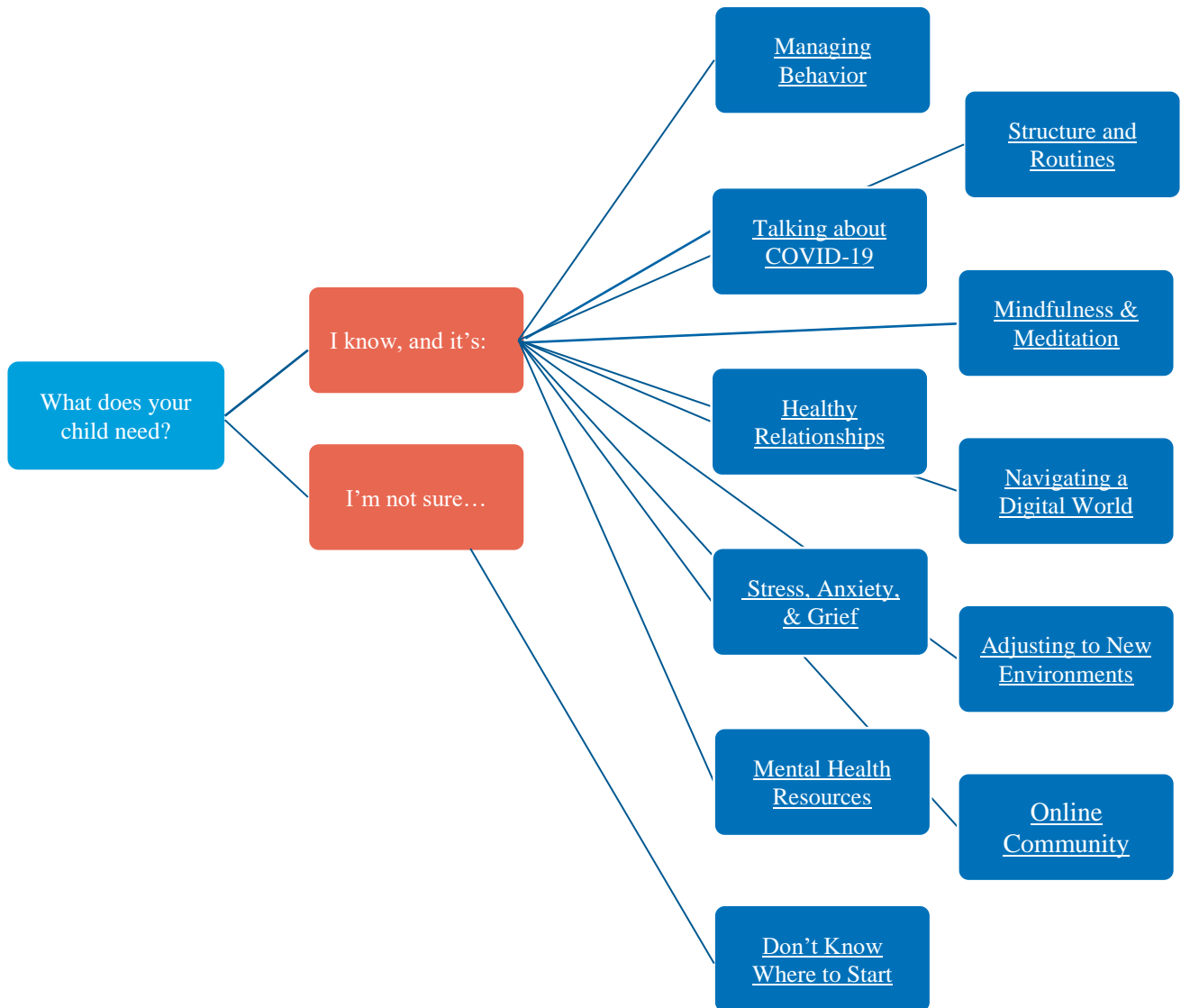
This toolkit also includes a section titled *Don't Know Where to Start?* That can help families who aren't quite sure what their needs are or might be looking for other types of resources.

All resources have live links as of August 4, 2020.

Supporting Your Children's Socio-Emotional Health and Wellness Toolkit

Getting Started

Select a starting point by clicking on one of the common challenges list below:



Common Challenge: Managing Behavior

Sudden, significant life changes – such as those caused by COVID-19 – often prompt children, adolescents, and young adults to exhibit different behaviors as they try to adapt. If you are noticing troubling behavioral changes that you don't know how to address, or if you are struggling to manage unfamiliar behavior, you are not alone. These resources provide insight into children's behavior changes along with tips, strategies, and tools for positively, effectively, and sustainably managing behavior.



Build Your Knowledge

Source	Resource	Format
Child Mind Institute	Managing Problem Behavior Problems at Home	Article
Center for Parent Information and Resources	Behavior at Home	Index of Resources
Great Schools	Child Temperament: 9 Basic Traits	Article



Tips and Tools

Source	Resource	Format
Texas Education Agency	Tips for Managing Behaviors at Home	Infographics & Links
Center on Positive Behavioral Interventions & Supports (PBIS)	Supporting Families with PBIS at Home	Tips, Examples, Talking Points & Links (Spanish)
Association of Positive Behavioral Support	Positive Behavior Support at Home	Overview & Links (Spanish)
Great Schools	Tips for Handling Problematic Temperament Traits	Article

Common Challenge: Maintaining Structure, Routine, & Time Management

Age-appropriate structures and predictable routines provide students important safety and security. But creating, reinforcing, and sustaining household rules, roles, and responsibilities can be challenging - particularly amidst the uncertainty of COVID-19 as many of family life's normal routines and other structures were upended. These tools and resources can help you rethink, repurpose, and readjust pre-pandemic structures and routines or put new ones in place in order to meet your children's and family's current needs.



Build Your Knowledge

Source	Resource	Format
CDC	Essential Tools for Parenting Toddlers and Preschoolers: Creating Structure	Article (Spanish)
PBS	Schools Closed? How to Make a New Home Routine	Article with Links
CDC	Parenting Portal	Index
Military OneSource	Draw Strength from Family Routines During the COVID-19 Pandemic	Article with Links
Healthline: Parenthood	Creating an Effective Behavior Chart	Article with Links



Tips and Tools

Source	Resource	Format
CDC	Daily Schedule, Family Rules, Chore and Behavior Reward Charts	Customizable Worksheets (Spanish)
Wide Open School	My Daily Planner & My Weekly Planner	Printable Worksheets
ADDitude	Learning from Home: Schedule and Resources for ADHD	Customizable Worksheets, Activities and Resources

Common Challenge: Talking About COVID-19

Parenting is packed with challenging conversations. But something about COVID-19 feels different. There are so many unknowns; even the expert advice keeps changing. And, the health risks and uncertainties are scary. These resources can help you understand how to approach this topic and what to say.



Build Your Knowledge

Source	Resource	Format
Harvard Health	How to Talk to Teens About the New Coronavirus	Article
NPR	What to Say to Kids When the News is Scary	Article
PBS	How to Talk to Your Kids About Coronavirus	Talking Points, Games & Activities, Videos
Children's Healthcare of Atlanta: Strong4Life	Having Difficult Conversations with Kids	Article



Tips and Tools

Source	Resource	Format
AACAP	Talking to Children About Coronavirus	Tips & Talking Points
CDC	Talking with Children about COVID-19	Tips & Talking Points (Spanish + other languages)
Child Mind Institute	Talking to Kids About the Coronavirus	Tips & Talking Points (Spanish)
Common Sense Media	How to Talk to Kids About Difficult Subjects	Article

Common Challenge: Strengthening Resilience through Mindfulness & Meditation

Resilience isn't an innate trait. Instead, the capacity to recover from challenges can be developed by nurturing helpful habits and practicing self-care. These resources, tools, and apps can help you and your children better understand your child's socio-emotional needs, develop life skills, practice mindfulness, and engage in self-care.



Build Your Knowledge

Source	Resource	Format
Wide Open School	Emotional Well-Being Life Skills	Resources, Videos & Links
Pocket Mindfulness	6 Mindful Exercises You Can Try Today	Activities
Mindfulness Exercises	8 Techniques for Dealing with COVID-19	Tips & Activities



Tips and Tools

Source	Resource	Format
Center on Great Teachers & Leaders	Educator Resilience and Trauma Informed Self-Care	Self-Assessment & Planning Tool
Military OneSource	COVID Coach & Other Recommended Wellness Apps	App
Headspace	Headspace, sponsored by Blue Star Families	App
MyLife	MyLife	App
Calm	Calm	App
Smiling Mind	Smiling Mind	App
Insight Time	Insight Timer	App
Omvana	Omvana	App

Common Challenge: Developing & Sustaining Healthy Relationships

As families face socio-emotional, financial, and health-related stress, it is incredibly important that parents and children are empowered to maintain healthy, positive relationships. These articles, videos, and interactive tools are intended to do just that.



Build Your Knowledge

Source	Resource	Format
Confident Parents, Confident Kids	Socio-emotional Learning Blog	Articles
AIR	Building Positive Conditions for Learning at Home	Article with Links



Tips and Tools

Source	Resource	Format
xSEL Labs	SEL in an Unplanned Home School Setting	Article with Links
xSEL Labs & Centervention	SEL Lessons & Activities	Game-Based Lesson & Activities
School Connect Blog	Navigating Relationships in Tight Quarters	Webinar with Activities & Materials
Ready Rosie & The Creative Curriculum	Healthy at Home: A Toolkit for Supporting Family's Emotional Well-Being During COVID-19	Videos

Common Challenge: Navigating a Digital World

Humans are highly adept at adjusting to new challenges. So it isn't surprising that we are finding ways to make remote life work both professionally and personally. However, as children continue to learn and socialize remotely, many may struggle with the socio-emotional skills required to navigate an increasingly digital existence. These resources, tools, games, and apps will help you keep your child safe and empower your children to be confident, responsible digital citizens.



Build Your Knowledge

Source	Resource	Format
ICT Works	5 Ways to Protect Children Online During COVID-19 Digital Response	Article with Links
Pearson Ed	Techs, Teens and Trust: Navigating the Digital World of Our Children	Article
NAIS	Helping Kids Navigate Digital Lives	Article with Links
eSafety Commissioner (gov.au)	COVID-19 Global Online Safety Advice for Parents	Article with Links (PDF)



Tips and Tools

Source	Resource	Format
Wide Open School	Digital Citizenship	Videos & Links
Common Sense Education	Digital Citizenship & SEL: Navigating Life's Digital Dilemmas	Guidebook with Tips & Activities
eSafety Guide (gov.au)	Learn about latest games, apps and social media platforms	Reviews
Common Sense Media	App Reviews	Reviews
eSafety Commissioner	Family Tech Agreement	Printable Worksheets
Net Aware	Guide to Social Networks, Apps, Games	Tips & Reviews

Common Challenge: Coping with Stress, Anxiety and/or Grief

COVID-19 represents a stressful new challenge for many parents and children. Parents can help young children, adolescents, and young adults embrace healthy, age-appropriate coping mechanisms. These resources and tools provide knowledge and tips for how to support your children as they grapple with anxiety, isolation, and disappointment.



Build Your Knowledge

Source	Resource	Format
Strong4Life	Helping Kids Cope with Grief	Article with Links
CDC	Helping Children Cope with COVID-19	Article with Links (Spanish + other languages)
CDC	Coping with Stress from COVID-19	Article with Links (Spanish + other languages)
CDC	Anxiety and Depression in Children	Article with Links (Spanish)
National Association of School Psychologists	Helping Children Cope with Changes Resulting from COVID-19	Article



Tips and Tools

Source	Resource	Format
National Child Traumatic Stress Network	COVID-19 Resources	Collection of Resources (PDFs)
School Connect Blog	Managing Stress Before it Manages You	Webinar with Activities & Materials (PDF)
7-Dippity	Helping Children and Families Cope with the COVID-19 Pandemic	Article with Links (PDF)
MCEC	Building Resilience in These Uncertain Times by Kenneth R. Ginsburg, MD, MS Ed, FAAP	Article (PDF)

Common Challenge: Adjusting to New Environments

Even in the best of times, PCSing with children is challenging. Moving amid the uncertainty of COVID-19 – when children are already struggling to adapt to major lifestyle changes – may be quite distressing. These resources offer tips and insights so you can anticipate and address your children’s needs as they adjust to a new environment.



Build Your Knowledge

Source	Resource	Format
New York Times	How to Help Kids Cope with Moving	Article
Child Mind Institute	Advice for Moving with Children	Article
Child Development Institute	Helping Kids Cope with Moving	Article



Tips and Tools

Source	Resource	Format
Aha! Parenting	Moving? 10 Tips to Help Your Child Adjust	Article
Military OneSource	Ways to Help Your Kids Cope with Moving	Article with Links

Common Challenge: Accessing Mental Health Resources

Caring for your family's mental health begins with knowing where to find accurate information and whom to call when you need support. This collection of expert advice, searchable indexes, and military-specific mental health resources allows you to do both.



Build Your Knowledge

Source	Resource	Format
American Academy of Child & Adolescent Psychiatry	Facts for Families Guide	Index of Topics
CDC	Support for Teens & Young Adults	Tips & Links (Spanish + other languages)
Mental Health America	Mental Health Conditions; Major Topics in Mental Health	Index of Articles
National Resource Directory	Health Directory	Index of Topics
HHS	Mental Health Resources for Service Members, Veterans, and Their Families	Index of Links



Tips and Tools

Source	Resource	Format
Military OneSource	Call center available 24/7/365 at 1-800-342-9647 (OCONUS options: https://www.militaryonesource.mil/international-calling-options)	Call Center/Hotline
Military OneSource	Confidential Non-Medical Counseling	Counseling & Support
Military OneSource	Confidential Help	Counseling & Support
Military OneSource	MilParent Specialty Consultation	Counseling & Support
Military and Family Life Counseling (MFLC)	Telehealth Services	Counseling & Support

Common Challenge: Building Community Online

COVID-19 has dramatically disrupted the social fabric of our lives. As schools, businesses, and centers of community closed, many families were cut off from their usual social networks. You may feel increasingly isolated and miss the informal tips and advice you used to exchange at the bus stop and carpool line, sports game sideline, or place of worship. These webinars, Facebook groups, and other resources offer online community, solidarity, and answers to the questions that many parents are currently asking.



Build Your Knowledge

Source	Resource	Format
Military OneSource	MilParent Power	Portal with Links
Military OneSource	The Family Advocacy Program	Search Tool for Resources
Military OneSource	New Parent Support Program	Search Tool for Resources
Military OneSource	Child and Youth Program	Search Tool for Resources
The Trevor Project	Implications of COVID-19 for LGBTQ Youth Mental Health and Suicide Prevention	Article



Tips and Tools

Source	Resource	Format
Military OneSource	Military OneSource Facebook Group	Facebook Live events, daily M-F @ 12pm EDT
Purdue University's College of Health and Human Sciences	Families Tackling Tough Times Together	Facebook Group, Activities & Materials updated weekly
APA	Parenting in the Age of COVID-19, Dr. Earl Turner	Facebook Webinar, weekly

Don't Know Where to Start? Try One of These...

Here you will find a selection of recommended websites to help you get started. Most feature a comprehensive range of resources, from general information to very specific tools. Take a peak and don't be afraid to dive right in!

Source	Resource
APA	COVID-19 Information & Resources
CASEL	Covid-19 Socio-emotional Learning (SEL) Resources
CDC	Parent Information
Children's Healthcare of Atlanta	Strong4Life
Cincinnati General	Coronavirus Resources for Children and Families
Clearinghouse for Military Family Readiness (Penn State)	Thrive
Common Sense Media	Family Resources During the Coronavirus Pandemic
EVAC: Resource Pack	Positive Parenting in COVID-19 Isolation
Military OneSource	Top 10 Ways Your Family Can Practice Resiliency During COVID
Move This World	Remote Learning Resources
National Alliance on Mental Illness	COVID-19 Resource and Info Guide
NYU Langone's Department of Child & Adolescent Psychiatry	School's Out: A Parent's Guide for Meeting the Challenge
Sesame Street for Military Families	Military Family Resources
Today	Social Skills Parenting Guides
UC Berkeley's Greater Good Science Center: Greater Good Magazine	Guide to Wellbeing During Coronavirus
Understood.org	Coronavirus Resources (Spanish)
Wide Open Schools	Online Teaching Resources