



Supporting Your Child in an
Ever Changing COVID World

Learning Goals: to demonstrate an understanding of...

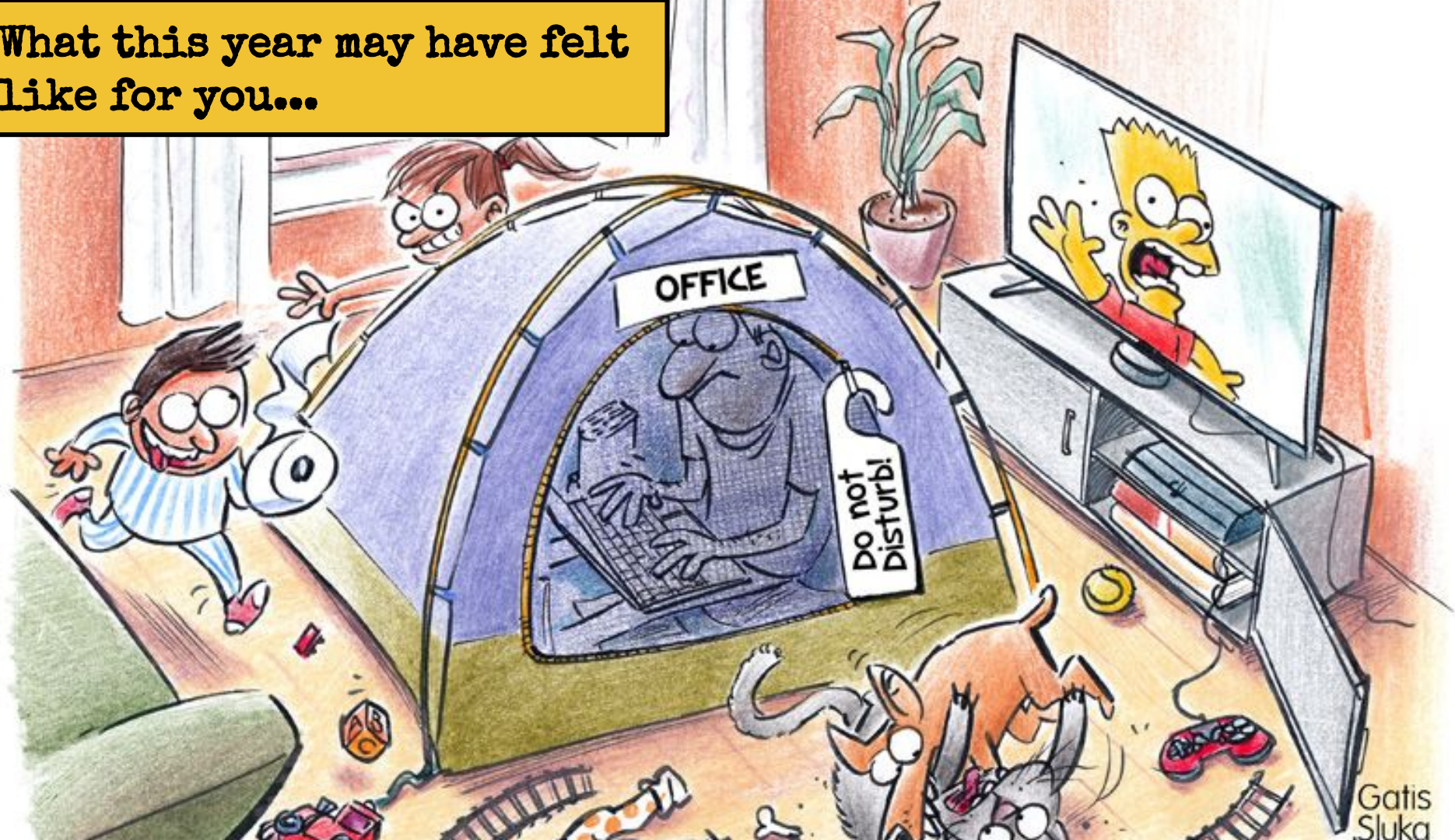
The challenges faced by teens during COVID;

What experts think kids need in order to thrive socio-emotionally and academically in the weeks and months to come;

Community resources you can access to support your child; and

What school based resources are available and how to access.

What this year may have felt like for you...



Gatis
Sluka



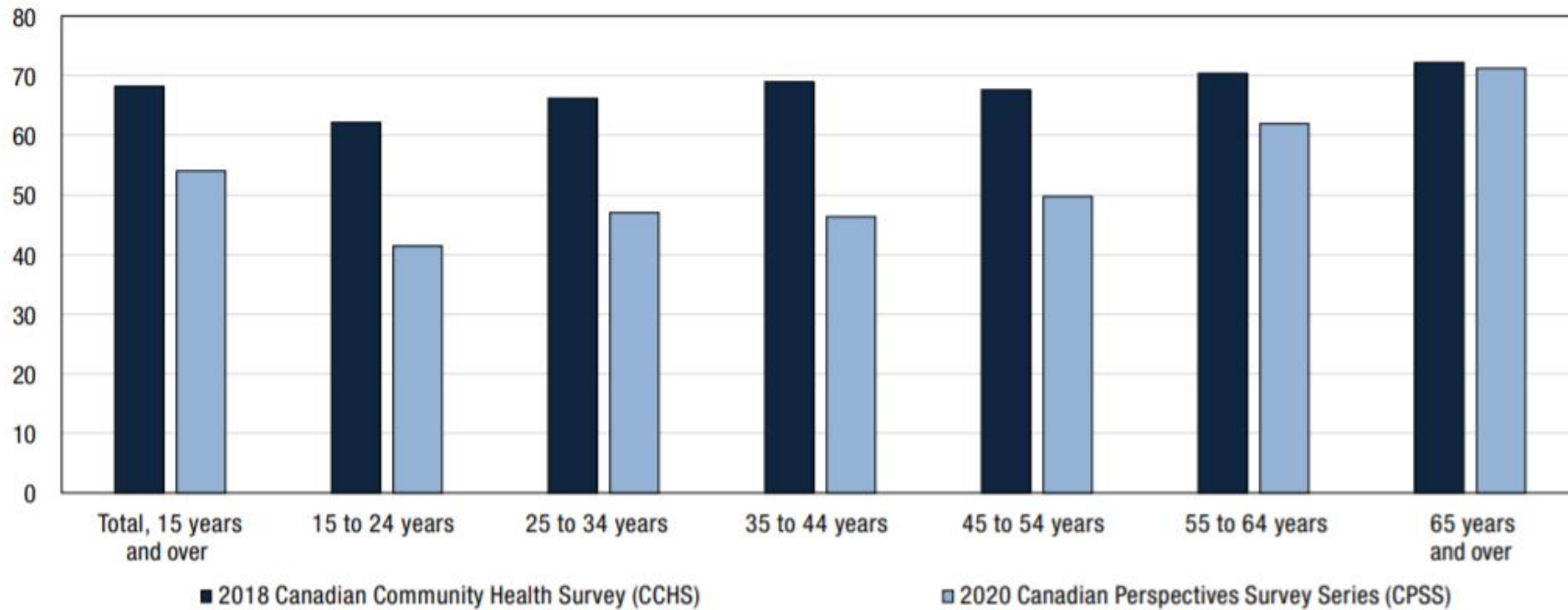
Many parents during COVID felt pulled in a million directions and struggled to keep up with the demands of this new parenting reality.

A Canadian survey funded by CAMH found that 44.3% of parents with children under the age of 18 years living at home reported worse mental health as a result of the COVID-19 pandemic compared with 35.6% of respondents without children under 18 living at home. Know that your mental health matters too!

Stats Canada Survey

Self-perceived mental health, by age group

percent of Canadians



If no one has said this to you recently, CONGRATULATIONS, you have survived raising a teen during the worst part of a global pandemic. We know it wasn't easy and there may be moments that you were not proud of, but parenting is about growth. You all deserve a pat on the back!



We understand that COVID19 has resulted in increased stressors for many parents, but we know that it has also impacted the social emotional wellbeing of many young people. As parents you may have **noticing changes** in your child's **normal baseline behaviour**. This may include...

Changes you may have noticed in your child...

1

Lack of motivation and drive

2

Difficulty engaging due to the change in structure of the day

3

Missing the social connection that school provides

4

Academic challenges linked to learning remotely

5

Missing sports and extra-curricular activities

6

Disruption in sleep schedule

7

Too much screen time

8

Gaming related issues

9

Change in hygiene

10

Living in their room and refusing to go outdoors

If your child is struggling from a wellbeing perspective you may see changes in the way they **think**, **feel** and **behave**.

A mental health condition that has a negative effect on the way an individual...



As difficult as the changes are for adults, kids are dealing with their own feelings coupled with the emotions they pick up from their parents. As kids process what's going on in their lives, it's normal for the sadness they're feeling to come out in ways that may look very different. Here's a look at how some of these responses to sadness may appear:



Anger

Leave me alone!

Why are you always bugging me?

Don't you have something else to do?

This is my room. Knock before you enter.



Apathy

It doesn't matter anyway.

I'm just going to watch tv.

I don't want to do my school work.

I'm not joining in the family phone call. I have nothing to say.



Boredom

There's nothing to do.

I don't feel like riding my bike.

I've already watched my Netflix shows.



Displaced frustration

Rrrrrrr, this is so annoying!

Why is the computer so slow?

I don't want a bagel. Why can't you ever make pancakes for breakfast?



Resistance

Why do I have to do this now?

I'm not reading for 30 minutes. Fine, I'll read one chapter and then I'm done.

You don't make me do all these chores any other time.



data

HEADLINES

Ottawa

From depression to self-harm, teens are struggling during COVID-19

Pandemic grind impacting mental health of Canada's youth: study

Study suggests two-thirds of B.C. kids and youth experiencing pandemic mental health impacts

Preliminary results of the research found that 65 per cent of parents reported mild psychiatric issues and impacts with their kids over the last year.

HEALTH | MAR 24

Child and adolescent mental health services in high demand at Alberta Children's Hospital

The number of youth seeking mental health supports is on the rise. Many say Alberta's new Centre for Child & Adolescent Mental

13 Canadian hospitals launching national youth mental health project

Experts say the need for early intervention is amplified by the coronavirus crisis.

Ontario child and youth mental health service wait lists double: Report

The report from Children's Mental Health Ontario, released Monday by the association representing Ontario's publicly funded child and youth mental health centres, says 28,000 children and youth are

Eating disorders, substance abuse increasing in youth amid pandemic, says Hamilton hospital

McMaster Children's Hospital says it's seen a steady increase of youth in crisis due to COVID-19.

In a Canadian study 67–70% of children/adolescents experienced deterioration in their mental health during COVID largely linked to the impact of social isolation. The author affiliated with the Department of Psychiatry at Sick Kids argues that,

“daily routines afforded by school and extracurricular activities are instrumental in maintaining physical activity, regulating sleep cycles, and providing social interactions, all key protective factors for children’s and adolescents’ mental health.”

A recent review of 60 studies on the impact of social isolation and loneliness on the mental of adolescents found that loneliness is associated with higher levels of depression, anxiety and in some cases post traumatic stress disorder. This is particularly evident in the decrease in youth mental health as a result of COVID. What they found is that the longer the social isolation the greater the impact.





Youth admitted with substance use disorders has doubled compared to last year.

The number of cases admitted to hospital with predominant symptoms of psychosis doubled, with the large majority related to substance use.

Referrals to Eating Disorders Program increased by 90% in a four month period, compared to last year.

Youth admitted for medical support after a suicide attempt has tripled over a four month period, compared to last year. Patients are staying in hospital longer due to more serious attempts.



Mental health challenges during the pandemic can be a result of:



- Increased isolation and boredom
- Lack of day-to-day structure
- Family tension due to more time spent at home
- Anxiety related to attending school in-person or virtually
- Limited access to doctors, teachers, coaches and peers who may notice changes in health



Avoid making comments on how behind you feel this generation of learners are academically because of the pandemic. It will only serve to fuel anxiety for some. Focus on how resilient this generation of learners has become and how well that will serve them in life.



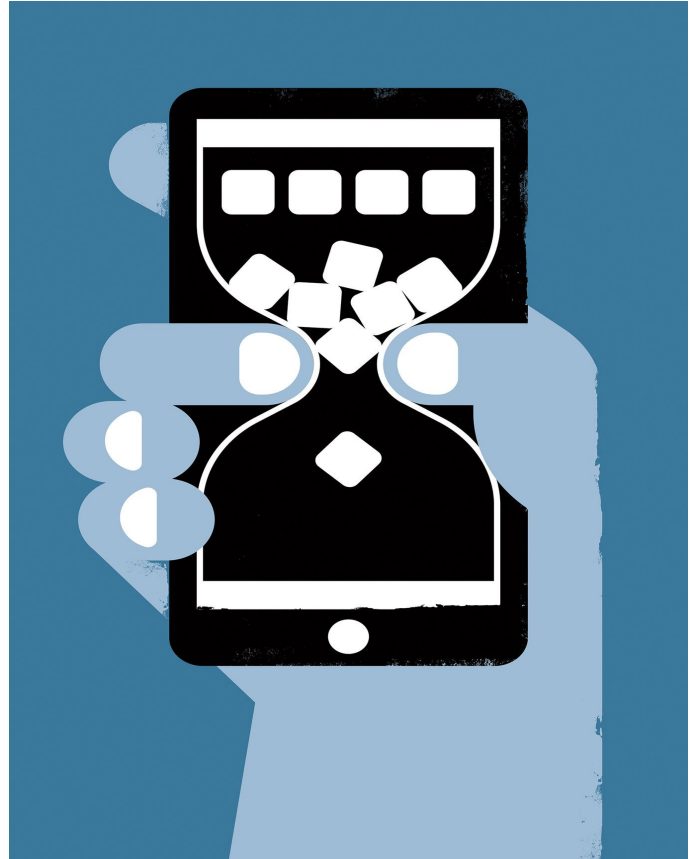
Start by asking
your child what
they want and
need this
summer to be.
Work to make
that a reality.



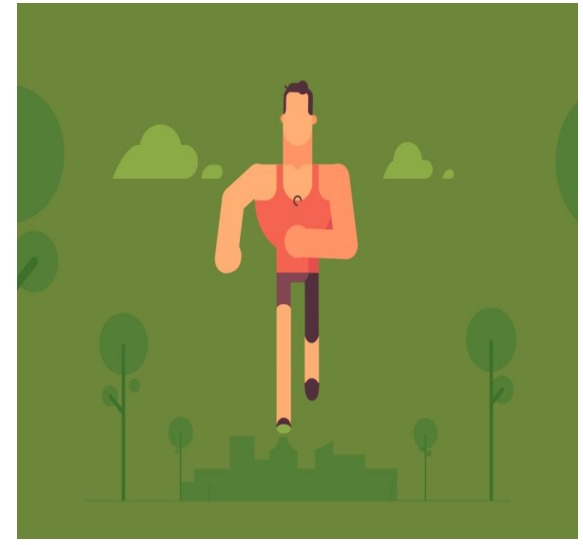
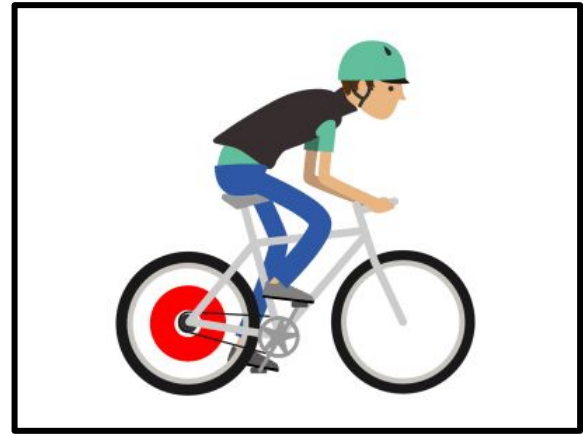
Encourage your child to get out and connect with friends in real time while still practicing social distancing. This is essential.



**Encourage
technology
free time
throughout the
summer.**



Get your
child out
and
physically
active! Make
it a family
affair!



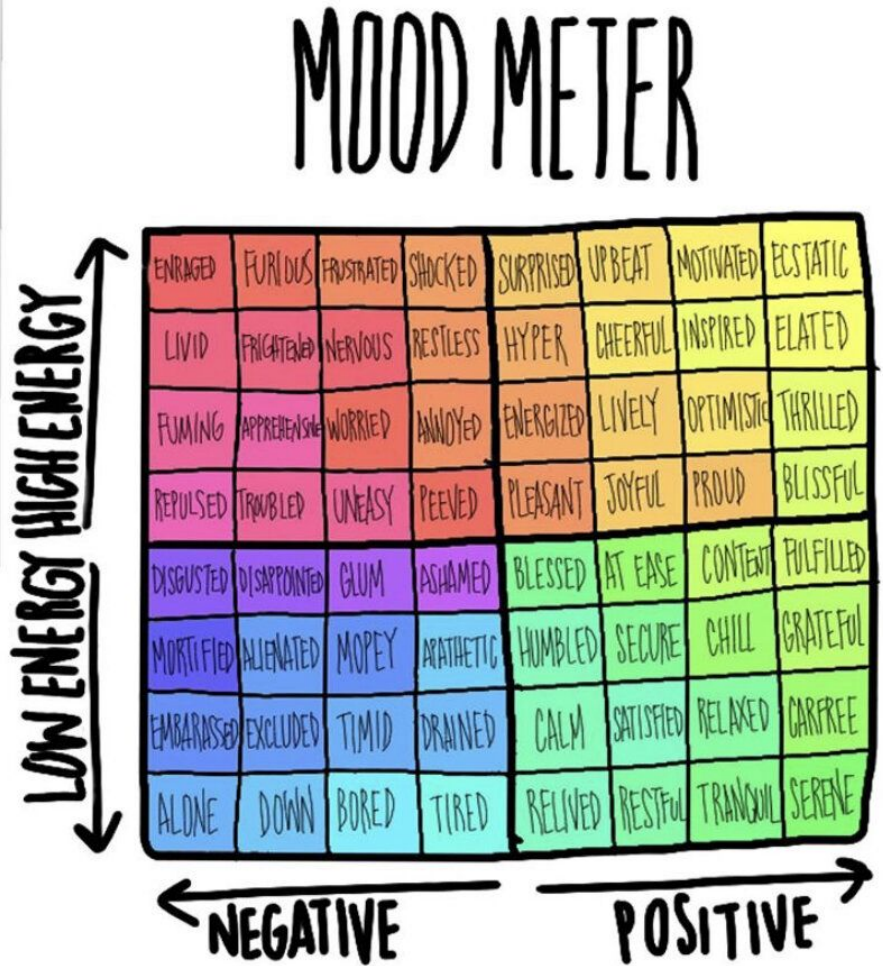
Encourage
your child
to get back
to doing
the things
that they
love.





Help to
regulate
sleep
cycles
over the
summer.

Monitor your child's mood if you are seeing prolonged periods of behaviour that you find concerning...



Connect
with your
family
doctor.



Family Na>igation Project

at Sunnybrook

Websites that may be of use:



- ❑ <https://smho-smso.ca/covid-19/parents-and-families/>
- ❑ <https://www.camh.ca/en/health-info/mental-health-and-covid-19>
- ❑ <http://cmhaww.ca/tips-on-how-to-manage-your-mental-health-during-covid-19/>

Free mental health apps:

- ❑ List of child friendly apps to help with anxiety
- ❑ Virtual Hope Box promotes coping, positive thinking, relaxation and distraction (all ages)
- ❑ My3-Support Network lets you stay connected to your network when in times of crisis (all ages).
- ❑ Breathe2relax is a stress management tool to help learn diaphragmatic breathing (all ages)
- ❑ Sanvello is for stress, anxiety and depression management using CBT techniques (teen and older)
- ❑ What's Up uses CBT methods to help cope with depression, anxiety, anger, stress, etc. (teens and older)
- ❑ Mindshift CBT - Anxiety Canada - Mindfulness, mood tracking, manage anxiety, thought journal, coping cards, etc (teens and adults)
- ❑ Happify includes activities and games to help overcome negative thoughts and stress for teens and older)

B a c k



What can you
as a parent do
to support
your child's
transition back
to school in
September?



What went
well?

What have
you learned?

As a family reflect on...

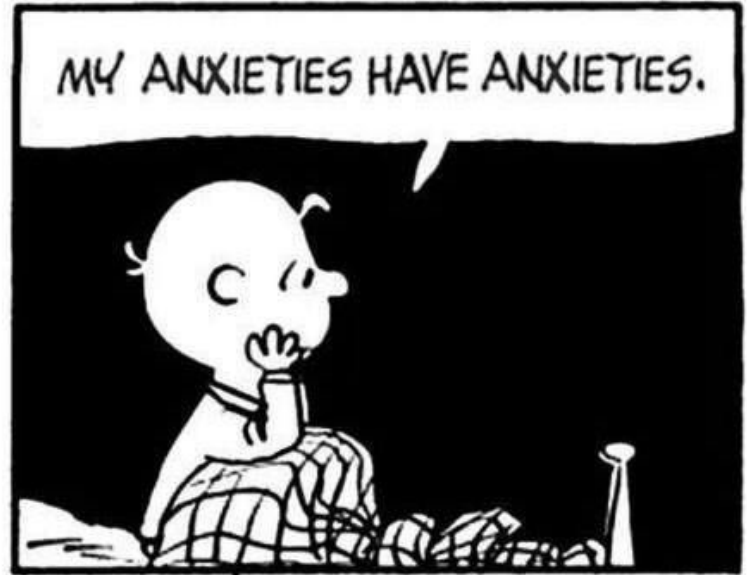
What didn't go
well?

What could be
done better?

Today is a new beginning




Normalize
feelings of
anxiety with
school start up.



Help your child understand that you are there for them if things get tough, if they want to talk, if they need help with organization or are having difficulties with school, the transition, friends etc.





Encourage your child to
get involved if there are
extra-curriculars.

Parents we need your help!!



Encourage your child to participate in experiential school based activities. Youth that are involved in school are less likely to get involved in risky behaviour. Signing your child out of these events means that they will miss out on important social connections which are essential to them wanting to come to school that support their academic achievement.

Pay Attention to How Your Child is Coping



If your child is experiencing challenges connect with the school sooner as opposed to later. Help us to understand what is going on in the life of your child. We can support in many different ways both academically and social emotionally.



School Supports



- ❑ Social work
- ❑ Psych Services
- ❑ Specialized supports:
 - Bereavement
 - Crisis counselling
- ❑ Culturally Specific Supports
- ❑ 2SLGBTQIA Counselling
- ❑ Black Student Supports

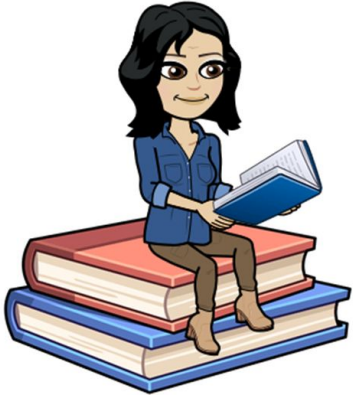




How do I
access
support?

...
reach out!

Meet TDSS's Admin Team



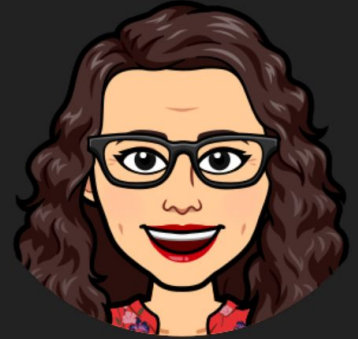
Sandra Sardone
Principal



David Cashmore
Vice Principal



Tanya Lyn Paul
Vice Principal



Elizabeth Sloan
Vice Principal



Meet TDSS's Guidance & Student Success Team



Guidance Staff	Email Address	Alpha List
Guidance Counsellor- Diamando McLarnon	diamando.mclarnon@yrdsb.ca	A-F
Department Head- Kelly Bradshaw	kelly.bradshaw@yrdsb.ca	G-M
Guidance Counsellor- Leo Scire	leo.scire@yrdsb.ca	N- Sc
Guidance Counsellor- Amir Al Hassani	amir.al-hassani@yrdsb.ca	N-Sc Sem 2
Guidance Counsellor- Niki Rowe	niki.rowe@yrdsb.ca	Se-Z
Guidance Counsellor- Mike Mastrandrea	mike.mastrandrea@yrdsb.ca	Se-Z Sem 2




**We're here
to help!**



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@TDSSGuidance



@tdssguidance



What
questions may
you have?

