Distance Learning Parent Support

In an effort to support you, our Robbinsdale parents, we will be providing weekly tips and resources for you to utilize during the unprecedented time of Covid-19 Distance Learning. This collaborative effort will include behavioral supports compiled by special education leadership, school psychologists and board certified behavior analysts.

When little people are overwhelmed by big emotions, it’s our job to share our calm. Not join their chaos.

~ L. R. Knost
De-escalation Tips in Light of Corona Virus Anxiety

While your child is learning at home you may have to work through a multitude of behaviors including noncompliance, verbal outbursts, or shutting down. Your response to these behaviors can escalate or de-escalate the situation. Each child is different, but here are a few tips to remember.

1. **Understand that behavior is communication** - All behavior serves a purpose. Take time to consider what your child might want or need in that moment.
2. **Don't "pick up the rope"** - Your child may try to pull you into an argument. Exercising authority at this time can escalate the situation. Consider options that allow both parties a win.
3. **Use limit setting** - Try using a "First ____ , then ______" statement or offer a reasonable choice that you both can live with.
4. **Don't take acting out behavior personally** - Take a deep breath and stay calm. Keep in mind, you can only control your own attitude and behavior.
5. **Re-establish a connection** - After a challenging situation it is important to rebuild the relationship. Offer support. This situation is hard for everyone. Learn from the experience to prevent a pattern of behavior.

Content adapted from Crisis Prevention Institute, Inc.

Additional Resources:

Helping Children Cope With Cha... www.nasponline.org

Robbinsdale Area Schools #281