



Adapting to Change: Brushing up on Social Skills and Putting the Pieces Together

April 22, 2021

Overview

- ▶ Our Map
 - ▶ Where are we now?
 - ▶ What have we learned and noticed along the way?
 - ▶ Going forward
 - ▶ Supporting social skills
 - ▶ Practice optimism, plan hope



Where Are We Now?

- ▶ Change, change, and more change
- ▶ Evolving normal



Lemons and Lemonade

- ▶ Swirl of emotions, reactions, challenges
 - ▶ Ambiguity, hope, burnout
 - ▶ Remembering Adapting to Change, Part 1
- ▶ Getting Ready
 - ▶ Hope for more social connection
 - ▶ Ambivalence about social connection



What Have We Learned Along the Way?

- ▶ We can...adapt, serve, succeed
 - ▶ Beautiful, heroic, amazing, resilient
- ▶ Put your own O2 mask on first, prioritize relationships and well-being
- ▶ Social and emotional learning and skills are the foundation



What Have we Learned at School?

- ▶ Deeper understanding of the ways in which social and emotional skills are the foundation for all learning
- ▶ During transitions, students need:
 - ▶ TIME
 - ▶ Repetition
 - ▶ Connection
 - ▶ Sharing their voices
 - ▶ Celebration
- ▶ Kids learn resilience by watching adults problem-solve





Going Forward



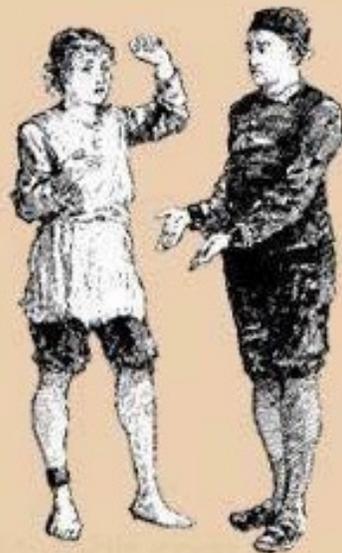
- ▶ Flexibility
 - ▶ Always a work in progress
- ▶ Intentional
 - ▶ Negotiate with "normal"
 - ▶ Hold onto the silver linings
- ▶ Name it to tame it
 - ▶ Talk openly about the excitement, ambivalence and anxiety, the lemons and the lemonade
- ▶ Use our tools and strategies

Awkward is the New Black

- ▶ Let's compassionately embrace our reality
- ▶ Culture shock
- ▶ Special circumstances



I promise I'm not rude.
I'm just very awkward.



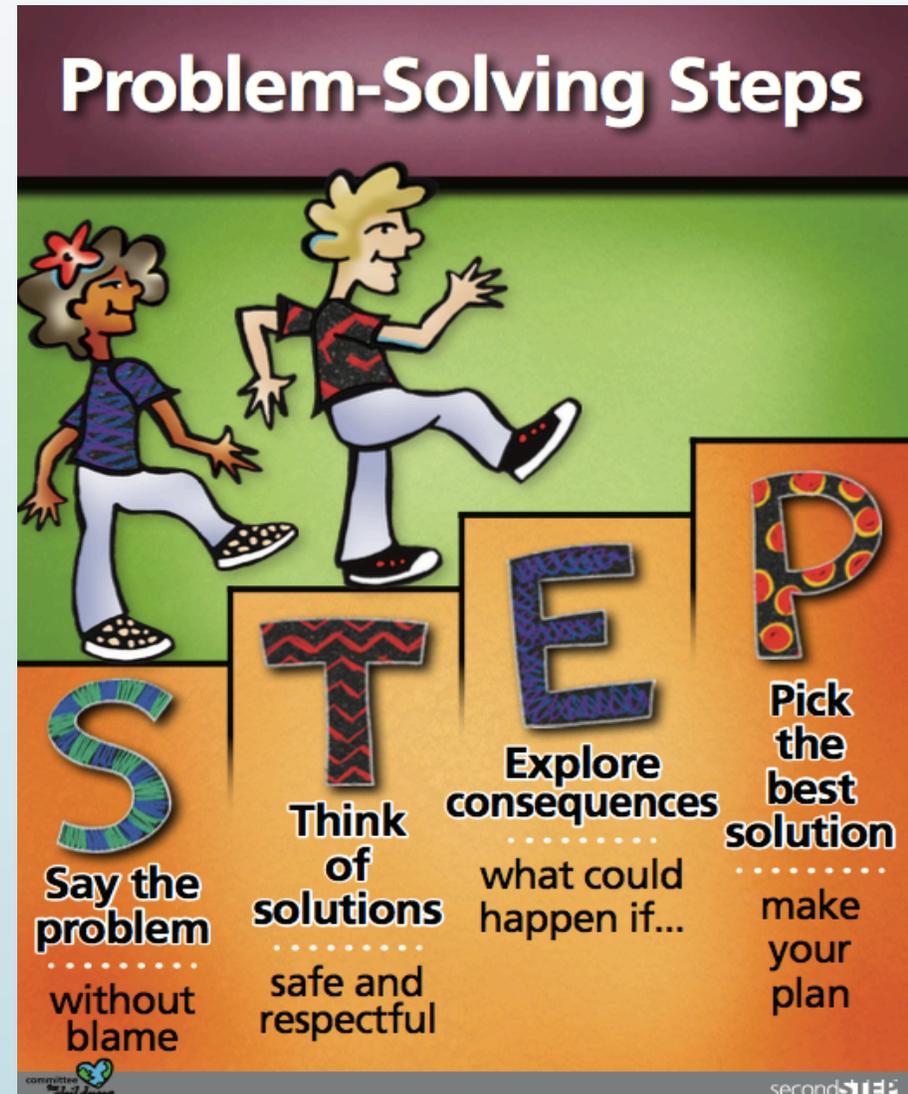
Expected Challenges

- ▶ Stamina and attention
- ▶ Conflict resolution
- ▶ Self-consciousness
- ▶ Ambivalence
- ▶ Screens



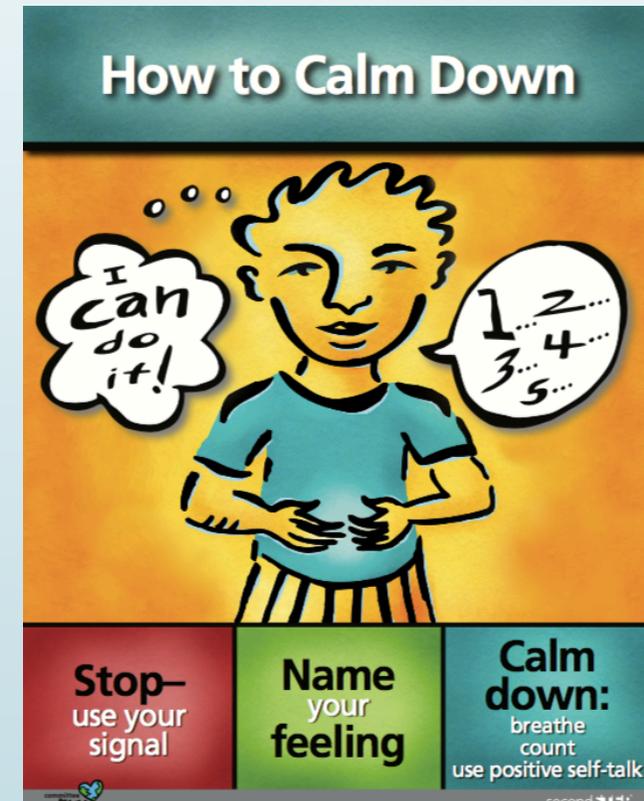
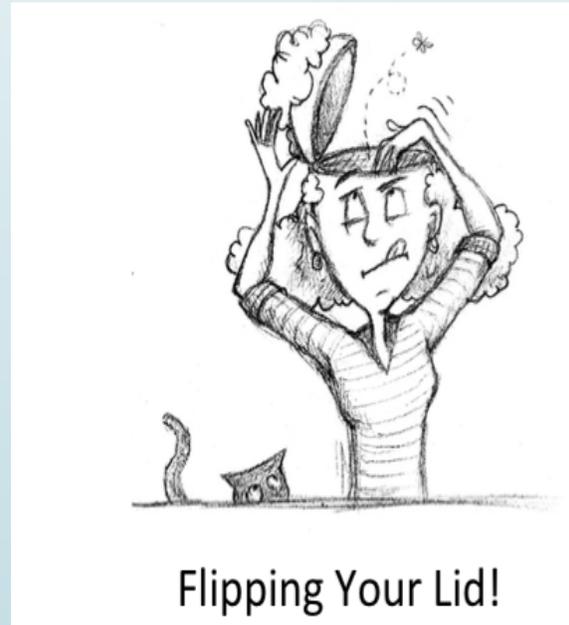
Tuning in to Your Child

- ▶ Regression
- ▶ Being available
- ▶ Problem solving steps



Remembering our Tools and Strategies

- ▶ Calming our nervous system
- ▶ Naming it, allowing the awkwardness



Validation: Responding Effectively

- ▶ Acknowledge the thoughts and feelings
 - ▶ Pause...space to find skills and confidence that you can help
 - ▶ Start with the feelings
 - ▶ Clarify, explore
- ▶ **Primary message:**
 - ▶ **I see you , I hear you, you are not alone, you matter to me**



Benefits of Validation

With Validation You Feel:

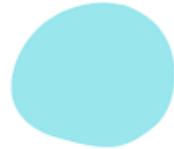
@MYSIGNATURENUTRITION



Relieved



Heard



Understood



Better



Hopeful



Connected



Accepted



Calm

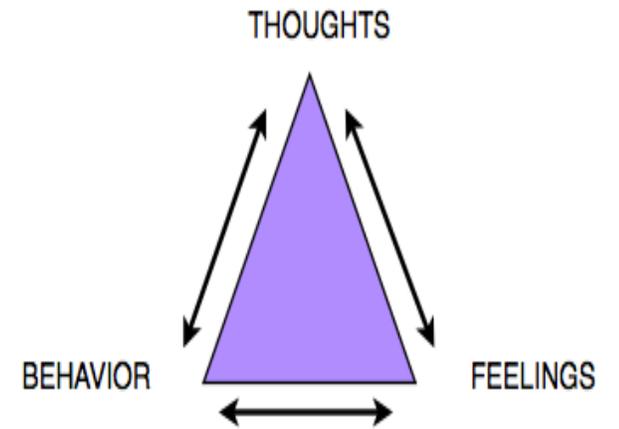


Soothed

- **It works!**
- Understanding matters
- A way to practice SEL (self-awareness, relationship skills, self-management and social awareness)
- Boundaries—the complaint, concern, and big feelings are not yours to fix, solve, contain

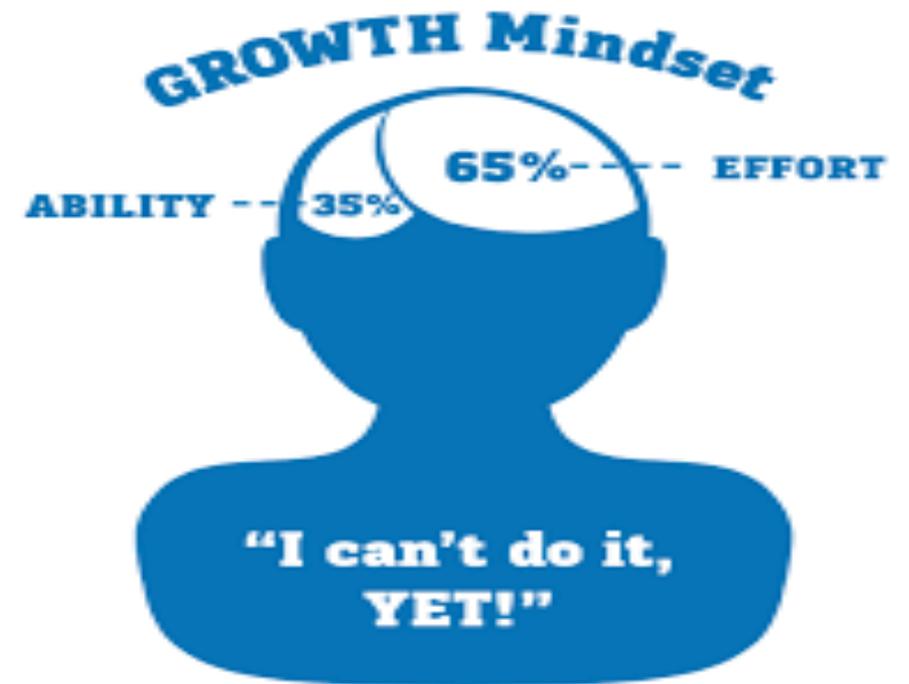
Prepare and Practice

- ▶ Rehearse/Think it through
- ▶ Problem solve
 - ▶ Cognitive triangle
- ▶ Role Play
- ▶ Provide extra support
 - ▶ Consider talking with the other adults involved about how to support all kids
 - ▶ Allow extra time
 - ▶ Provide extra snacks
 - ▶ Validation



Today is Not Forever

- ▶ Growth Mindset
 - ▶ Yet, Yet, Yet
- ▶ It gets easier
- ▶ Others go at their pace
 - ▶ Practice kindness
 - ▶ Generosity



Celebrating

Be Yourself.

Life is precious as it is.
All the elements of your happiness
are already here.

There is no need to run,
strive, search, or struggle.
Just Be.

- Thich Nhat Hanh

YourQuote.in

- ▶ Gratitude
- ▶ Any good is good, comparison is not necessary or helpful
- ▶ It gets easier

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Supporting Social Skills Summary

- ▶ Re-engaging with face to face contact
 - ▶ You know yourselves and your kids
 - ▶ Set small, achievable goals
- ▶ Setting the stage
 - ▶ Basics—sleep, nutrition, love, exercise, health
 - ▶ Planning, scheduling
 - ▶ Preparing, talking about what's coming



Supporting Kids' Practicing Social Skills

- ▶ Narrate and Name it to Tame it
 - ▶ Some things may be hard for awhile
 - ▶ We all may be more tired, emotional, impatient
- ▶ Work in Progress
 - ▶ Help kids set their goals
 - ▶ Reflect on experiences, celebrate and revise
 - ▶ Science of well-being and resources



Practice Optimism, Plan Hope

- ▶ Your family's needs, your family's plan
- ▶ Following recommended guidelines
- ▶ Organized programming (Park District, D34, Sports, Scouts, Arts, Community organizations)
- ▶ Playdates
- ▶ Meals



Gratitude
turns what we have
into enough



Resources for Parents: It's OK to ask for Help

- ▶ Your school partners are here for you
 - ▶ Social worker, Principal, Student Services
- ▶ Local organizations are providing teletherapy services
 - ▶ Family Service Center: 847-251-7350
 - ▶ Family Institute at Northwestern: 847-733-4300
 - ▶ Youth Services of Glenview: 847-724-2620
 - ▶ Haven Youth & Family Services: 847-251-6630
 - ▶ Josselyn Center: 874-441-5600

Partnering with Parents During a Pandemic



glenview34.org/bewell34/forfamilies

**Virtual Office Hours
for Parents with
Social Workers &
School Psychologists**

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Questions

- ▶ Thank you for all you do to support your children, our community and our schools!
- ▶ Thank you for being with us tonight!
- ▶ Join us for Connect the Dots conversations
 - ▶ April 27th at 10am and April 28th at 7pm