



LEVITTOWN PUBLIC SCHOOLS
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Dear Parents,

We hope you and your families are faring well under these difficult circumstances.

We can imagine that you and your children are experiencing many different emotions about the present situation with Covid-19. Certainly having our children home for an extended period of time with distance learning will be a new experience for most of us. It may at times be challenging and even stressful. It is important to remember our children are looking towards us for reassurance and cues on how to react and respond. Please see some tips and resources below:

While many precautions have been put into place to address our physical safety, it is also important to stay mentally healthy. Here are some ideas for maintaining mental health while at home:

- Maintain a routine and structured environment
- Eat healthy
- Get the right amount of sleep
- Exercise! Many of your elementary aged children enjoy GONOODLE in school which is a great, free resource. YouTube also has many wonderful short and age appropriate exercise, dance, and yoga videos.
- Find ways for your children to connect with friends via video chatting, zoom conferences, face timing, etc.

Here are a few strategies for supportive conversations with your child:

1. Stay Positive: Remember to keep calm. If you show anxiety or fear, your child will pick up on this and also feel nervous and afraid. Take the time to check in with yourself about this stressful and challenging situation. Make sure that you too have outlets for your fears and are taking the time for self-care so you can be there for your children.
2. Be attuned to your child's feelings: Check-in on how your child is feeling and acknowledge and address his/her worries. Don't feel that you need an answer to the feelings or concerns your child may share, but validate their feelings and reassure them. Remind them that the community and school leaders have taken the steps of suspending school to keep us all healthy.
3. Stick to the facts: It is important to have thoughtful conversations regarding the Covid-19 to reduce anxiety, worry or fear. Look at the facts. You know your child. Use that knowledge to determine how to frame these conversations to ensure your child understands. Please also be mindful of adult conversations when children are around. Children hear and see a lot more than we may realize so be cautious when discussing the facts or your thoughts and feelings.

4. Consider Media Consumption: When looking online, consider the source and fact-check to prevent sharing information that is not verified. Be mindful of how much media you are checking and minimize how often you are reading stories. Try to keep a healthy balance (both online and offline) in your daily routines and lifestyle. Do the same for your children.

Please see below for other resources that can help you and your child deal with the stress this current situation has triggered.

An article from the Child Mind Institute on talking to children about Corona:

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>>

Information from the CDC

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>>

Some other helpful resources:

1. Taming the fear monster worksheet to help address children's fears.
https://www.betweenessions.com/wp-content/uploads/2020/03/Taming-Your-Fear-Monster_092215.pdf
2. Progressive Muscle Relaxation for Kids
<https://www.youtube.com/watch?v=cDKyRpW-Yuc&feature=youtu.be>
3. Body Scan Meditation
https://www.youtube.com/watch?v=ihwcv_ofuME&feature=youtu.be
4. Cosmic Kids has great yoga videos such as
https://www.youtube.com/watch?v=T_0P5grVoyg&feature=youtu.be