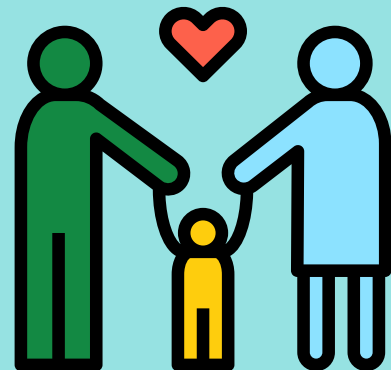




UNDERSTANDING BEHAVIORAL HEALTH IN CHILDREN

A Guide for Parents at Home



Due to school closure, families may be overwhelmed with the responsibility of teaching their children, working from home, and maintaining a happy and healthy home environment. It is important to observe your child for any indicators of behavioral difficulties & find effective ways to support your child's behavioral health.

STEPS FOR SUCCESS



Create a Schedule

Create a schedule including wake up time, academic activities, household chores, breaks, physical activity, leisure time, and bed time and post it in a common area.



Establish Expectations

Review expectations regarding household rules and expectations, academic expectations, and acceptable use of phone and social media.

Set Goals

Set clear work expectations in the form of time required or amount needing to be completed before your child can earn free time.



Define the Workspace

Find a quiet space in the house and set up a workspace for academic learning activities.

Organization



We are all new to working from home and need to learn new systems to be successful. Teach your child to use organization strategies like using checklists or timers to aid task completion.

Give Choices



Sometimes children can feel like they don't have much control over their environment or their life. This can lead to frustration. Try to give choices throughout the day, as much as possible.



Praise

Recognize what your child is doing well and let them know.

Reward Desired Behavior



Praise your child and their efforts! Create a system where children earn time with preferred activities or privileges (e.g., phone, T.V., choice of dinner, video games, etc.) by completing work and meeting behavior expectations.



Get Outside

Get moving! Build in safe outside activities (e.g. walks, runs, or playing in the yard, etc.) throughout the day or consider doing indoor exercise activities, if needed.

Check-In & Connect

Create a safe space to talk to your child about their concerns, questions. Schedule special time with your child. Create times in the day where the focus isn't on schoolwork, but on just connecting.



Foster Connections



Help your child stay connected to friends and family. Encourage video conferencing get-togethers and coordinate with other parents.

Parent Self-Care

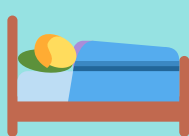


Take time for your own mental health breaks. Model calming techniques to teach your child it's okay to take a break by engaging in your own calming strategies.

WHEN TO REACH OUT KNOW THE SIGNS



Changes in mood, attention, or behavior



Changes in eating or sleeping habits



An increase in anger or irritability



Refusing to do work or participate



Arguing or talking back

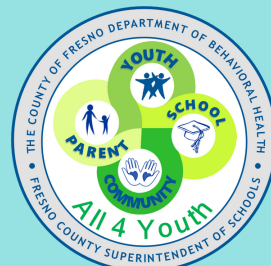
SUPPORT

If you're seeing any of these signs, don't wait, reach out! It's better to get help early when things are manageable than to wait until there is a crisis.



Information from your child's school may be the first point of contact when you need behavior support. Click [here](#) to access your school website and contact information where you can find a directory of support staff who can guide you through resources within your school and local community.

[All 4 Youth](#) is a partnership program between the Fresno County Department of Behavioral Health and Fresno County Superintendent of Schools for children and youth ages 0-22 years old experiencing difficulties that affect them at school and at home.



ONLINE RESOURCES

For additional resources click the image below.



Click the above image to access even more resources related to behavioral health, COVID-19, and activities

We are here for you and want to help!

#UnifiedAtHome