

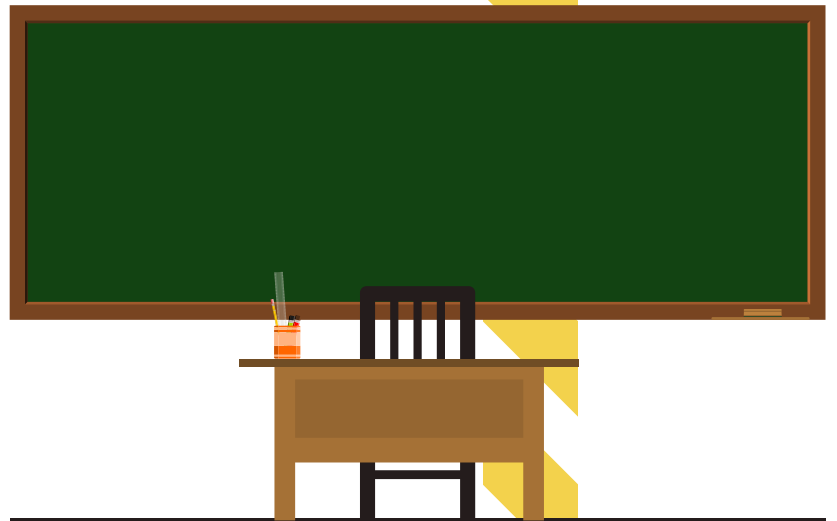
March 27, 2020

SEMINOLES ASPIRE: SUPPORTING YOU THROUGH COVID-19

Alliance for Supporting Positive-
growth & Inspiring Resilience
in Education

**What's in this
issue:**

**RESOURCES FOR FSUS
FAMILIES**



RESOURCES FOR FSUS FAMILIES FROM SEMINOLES ASPIRE

Earlier this year FSUS partnered with faculty and students in the FSU Psychological and Counseling Services program in the College of Education to help us promote the mental health of FSUS students.

Through a multi-tiered program lead by Dr. Lyndsay Jenkins, we have been able to implement a prevention curriculum designed to promote social and emotional wellness for all FSUS students in K-12. In addition, we are providing small group or individual counseling sessions with over 70 FSUS students!!

The goal of the Seminoles ASPIRE project is to promote the social-emotional well-being of all FSUS student. Along this line, we want to provide you with some resources to help FSUS families navigate these uncertain times caused by the COVID-19 outbreak.

TALKING TO CHILDREN ABOUT COVID-19

Regardless of age, your student has realized that something has changed. Their schedules have changed, there is no school, parents and guardians may be working from home or have a different work schedule, and they have likely heard people around them talking about a virus. All of these changes combined with them hearing that a virus is going around may be very scary to your child. It is important to share factual information, but in an age-appropriate way.

The National Association of School Psychologists (NASP) has provided an excellent resource for talking to children about COVID-19. For the full article, please click the icon below.

Article Highlights:

- Remain calm and assuring
- Make yourself available
- Avoid excessive blaming
- Monitor television viewing and social media
- Maintain a normal routine to the extent possible
- Be honest and accurate
- Know the symptoms of COVID-19
- Review and model basic hygiene
- Discuss new rules or practices at school
- Communicate with your school



Talking to Children About COVID-19 (Coronavirus): A...

A new type of coronavirus,...
nasponline.org

CALMING VIDEOS

Do your children need to relax or calm down? Try these videos!



MENTAL HEALTH RESOURCES

Uncertain, unstructured, and out of routine. These words may describe how many of us are feeling about current events. Don't forget that children and adolescents can feel this way too. But, children and adolescents may show their difficulties in a different way than adults. Rather than feeling worried, they often exhibit physical or behavioral difficulties when they are anxious. Be on the look out for the following signs:

- 1) restlessness and fidgeting
- 2) irritability
- 3) headaches
- 4) stomachaches
- 5) sleeping problems
- 6) concentration or memory problems
- 7) withdrawal
- 8) outbursts

If you notice a recent increase in any of these behaviors, it is important to talk to your child.

For more information please visit our Seminole ASPIRE website (<https://education.fsu.edu/research/seminoles-aspire>). Click the link below then scroll to the bottom of the page to find information about:

- 1) Local mental health providers
- 2) National Mental Health Resources
- 3) Mental Health Fact Sheets: These are simple but comprehensive resource sheets with LOTS of great information. For example:



Additional Resources



Coping with Stress During Infectious Disease...

store.samhsa.gov



Countering COVID-19 (Coronavirus) Stigma and...

It is important that parents and...
nasponline.org



Anxiety & Anxiety Disorders in Children: Information fo...

Untreated anxiety can lead to...
nasponline.org



Ways to Cope in Trying Times

We've compiled a list of educational resources you can use to help young people learn the social-emotional skills they need to get through COVID-19