

To Access Interpretation via Your Computer | 通過你的電腦取得口譯

Para acceder a la interpretación a través de su computadora



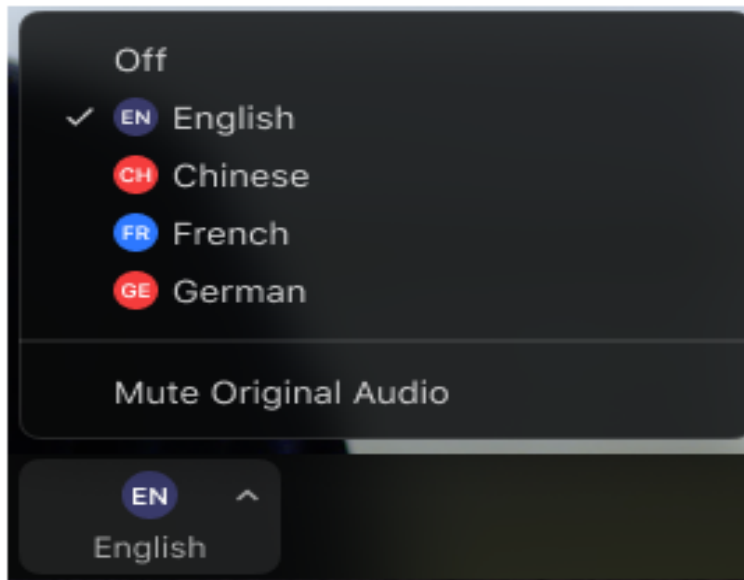
1. In your meeting/webinar controls, click **Interpretation**.



在下方會議/網絡研討會控件中，單擊“口釋”

1. En el control de seminarios web, haga clic en interpretación

2. Click the language that you would like to hear.



點擊您想听的語言

2. Haga clic en el idioma que desea escuchar, español

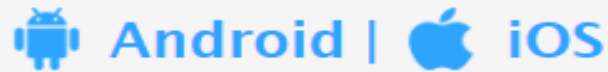
3. (Opcional) si solo desea escuchar el lenguaje interpretado, haga clic en silenciar el audio original.

3. (Optional) To only hear the interpreted language, click **Mute Original Audio**.

(可選) 僅聽到翻譯的語言，請點擊“關原始音”

To Access Interpretation via Your Mobile Phone | 通过手机获取口译服务

Para acceder a la interpretación a través de teléfono móvil.



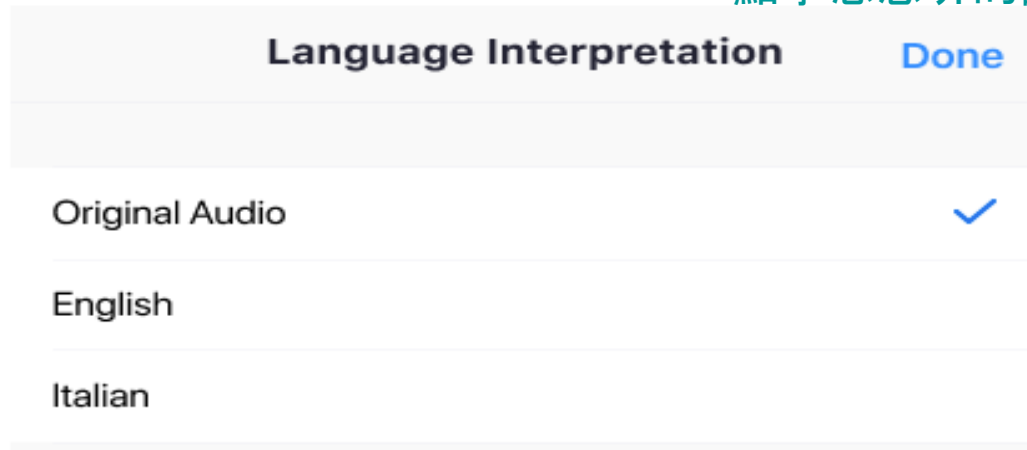
1. In your meeting controls, tap ... **More**. 在您的會議控件中，點擊...更多



1. En el control de seminarios web, haga clic en mas (3 puntos)

2. Tap **Language Interpretation**. 點擊語言翻釋 2. Haga clic en interpretación

3. Tap the language you would like to hear. 點擊您想听的語言 3. Haga clic en el idioma que desea escuchar, español



4. (Optional) Tap the toggle to **Mute Original Audio**.

(可選) 點擊切換按鈕以使原始音頻靜音 4. (Opcional) si solo desea escuchar el lenguaje interpretado, haga clic en silenciar el audio original.

5. Click **Done**. 點擊完成 5. Haga clic hecho/Done

To Access Closed Captioning

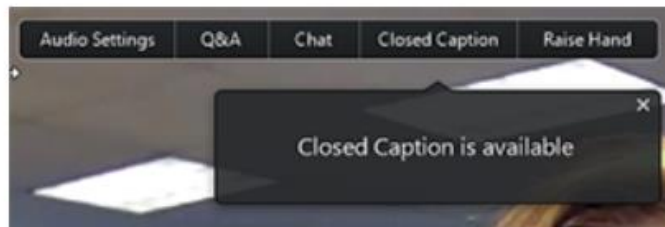


1. When closed captions are in use, you will see a notification.

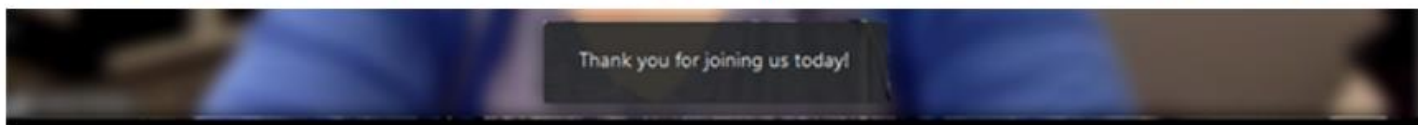
- In a meeting, it will appear in the controls at the bottom of your screen.



- In a webinar, this will appear in the controls at the top of your screen.



2. After selecting **Closed Caption**, you will see the captioning at the bottom of your screen.



Education Challenges During the COVID-19 Pandemic for Children with Special Health Care Needs and their Families

Part 1: “Choosing peace over choosing to be the perfect parent:”
Family Mental Health Challenges

Monday, September 21, 2020

Welcome

Presenters



Alison Stewart, Special Needs Inclusion
Project Manager



Lilian Ansari, Special Needs Parent Advocate



Dr. Barbara Kalmanson, Ph.D.



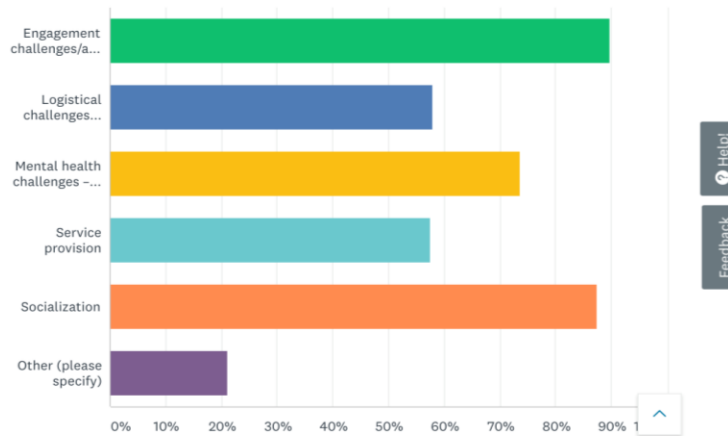
Lindy Joffe, MS, OTR/L

Key Survey Results

- 360 responses
 - 329 English- speaking
 - 31 Spanish-speaking
- 73% characterized distance learning in the spring as a negative experience
- 75% reported high levels of distress
- 86% reported significant disruption to routines
- 51% felt ill-equipped to manage the demands of online schooling

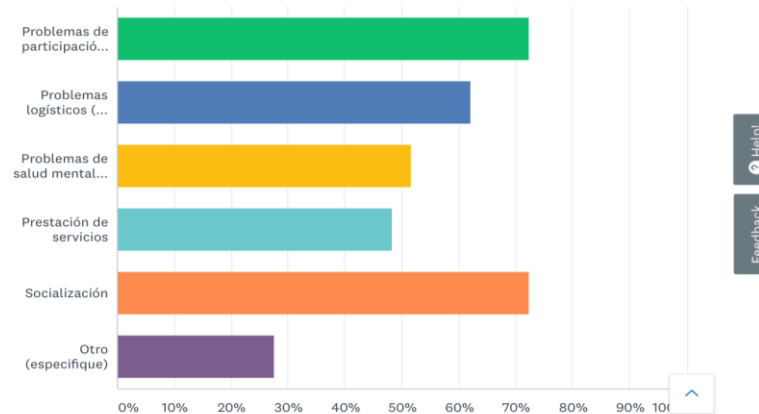
If your child is enrolled at a school that is online in the fall, please put a check next to ALL of the following concerns that are important to you and your family.

Answered: 325 Skipped: 4



Si su hijo está inscrito en una escuela que está en línea en el otoño, coloque una marca junto a TODAS las siguientes inquietudes que son importantes para usted y su familia.

Answered: 29 Skipped: 2



Primary Concerns

Quote

“In the end, I'm still exhausted and frustrated and my son is struggling. ”

--Survey Parent



Lilian Ansari

Special Needs Parent Advocate





Regulation Comes First

Lindy Joffe, MS, OTR/L
Family Voices Health Summit
September 21, 2020

Levels of disruption

Adults

Children



Layers of disruption

Interaction of emotional
and sensory systems

Attachment



Affect of disruption on our individual
identities



Pandemic
as Trauma

Regulation Comes First

First developmental milestone – calm and alert

- Foundational to all else

Big picture thinking

- Anxiety → narrowed vision
- Built into our sensory systems

Look for the calm

- What regulates your child?
- What regulates you?
- Prioritize this

Strategies

Strategies

Family-centered

- Quality time
- Family games
- Flexibility
- Stopping unhelpful activities, including academics if necessary
- Wellness strategies (sleep, healthy foods, supplements)
- Trying to stay relaxed in child's presence
- Online social engagement
- Holistic approach to education

Child-centered

- Not pushing too much/forcing it
- Extra love and attention
- Sensory breaks
- Social stories
- Meaningful activities
- Walks
- Exercise
- Structure
- Visual schedules/routines
- Rewards

Parent-centered

- Support groups
- Mindfulness
- Yoga
- Gardening
- Walks
- Starting the day with exercise
- Being the squeaky wheel



Balance

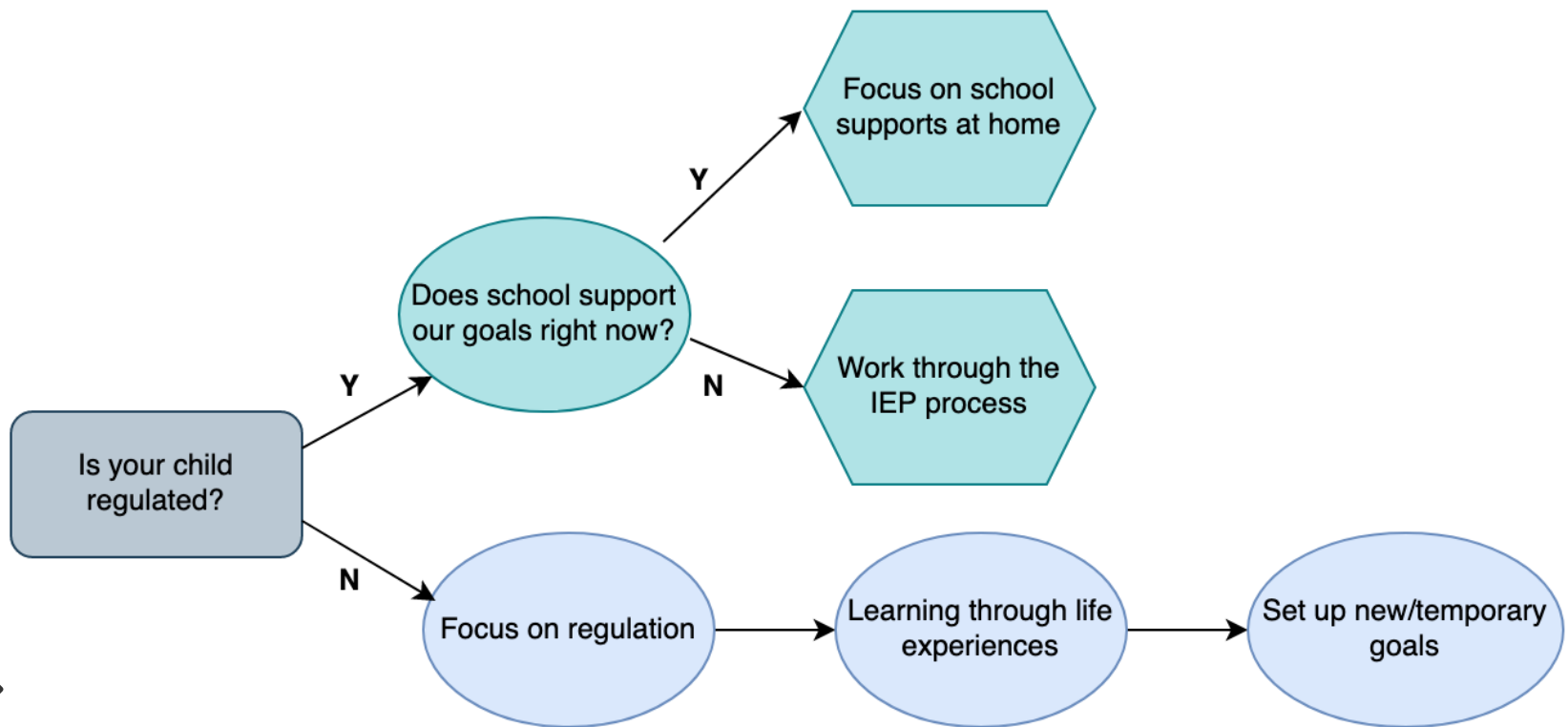
I have learned I have to rely on my "inner voice" and my heart to tell me "enough is enough". I am not going to drive myself crazy and work hard for someone else to get paid! I have to take it day by day and do as much as I possibly can and make sure my family is happy and healthy.

--survey parent

The best things I have done that are actually sustainable are the activities that all three kids and I can participate in: we've made up our own board games, we do treasure hunts, we play games, and we take turns with the AAC device.

--survey parent

Learning in the Time of COVID



Crisis and Opportunity

Support for parents and children during COVID19



September 21, 2020
Family Voices Health
Summit
Barbara Kalmanson Ph.D.

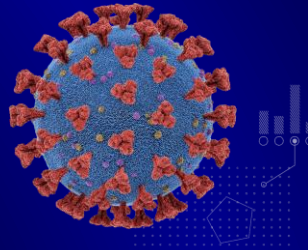
Stress influences learning

- Help children feel regulated and safe to promote readiness to learn
- Titrate stress so it is moderate, controllable and predictable
- Prolonged stress=exhaustion, decreased focus and increased irritability

No control over COVID-19

Threats from our environment lead to feelings associated with trauma

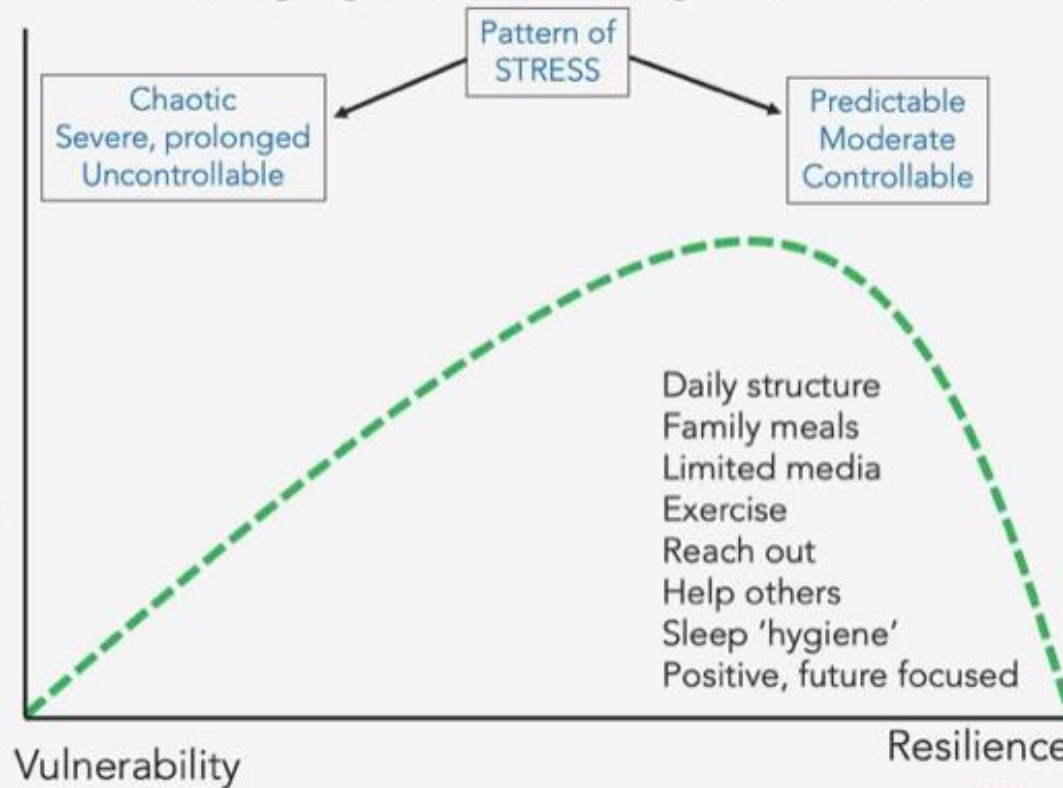
- Vulnerable
- Exposed
- Scared
- Isolated



Fear is the psychological interpretation of our physiological state

- Stress creates defensive actions that cause dysregulation
- Social behavior regulates the child's physiological state
- A dysregulated child is asking for help
“please put me in a calm place”
- Time out / isolation increases physiological stress
- Co-regulation increases the sense of safety

Managing Stress: Shifting Your Pattern



2020 Bruce D. Perry, M.D., Ph.D.



What we can do to manage stress

Build resilience

- Resilient children have someone who helps them feel safe and secure
- Provide daily structure including family meals, time together off screens, exercise, sleep patterns
- Reach out frequently, even briefly, to your community and family
- Help others

Our current goals in mental health and education

Focus on relationship, safety and regulation

- Make all learning meaningful to the child
- Join and expand on your child's ideas
- Focus on playful interaction with shared pleasure
- Be sensitive to cultural characteristics that influence child rearing practices
- Acknowledge the stressful conditions around us

Joy and Laughter Relieve Stress



For More Information



www.kidsattuned.org

Questions

Closing

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