



# Tips for Parenting and Supporting Your Child or Teen's Mental Health During a Pandemic

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Hosted by the Catholic District School Board of Eastern Ontario (CDSBEO) Parent Involvement Committee

April 28, 2021



CATHOLIC DISTRICT SCHOOL  
BOARD OF EASTERN ONTARIO



## Presenters:

- Michelle Neville, Mental Health Leader with the CDSBEO
- Diane Oxborough, Program Manager at Parents' Lifeline (PLEO)
- Emily Castle, Public Health Nurse – Triple P Lead

## What we will cover together:



- Recognizing when your child or teen might be struggling with their mental health
- Tips to help your kid cope with the pandemic at home
- How our school board is supporting child and teen mental health during this challenging time
- Where parents can turn to in their communities for more support (for their child/teen or for themselves!)
- An overview of services offered by PLEO – where parents can get support from other parents with lived experience supporting their own child or teen
- An overview of the resources offered through Triple P – the Positive Parenting Program



## Recognizing when your child or teen might be struggling with their mental health

- Trust your gut – if something doesn't feel right, it probably isn't
- Is your child complaining of physical problems – Tummy aches? Headaches?
- Is your child acting out of character? A social, outgoing kid now withdrawing from everyone? A (relatively!) calm teen now explosive?
- Have eating and sleeping patterns changed?

Dear Parent:  
Trust yourself...



You know **more** than  
you think you do.

~Benjamin Spock

## Tips to help your kid cope with the pandemic at home

- Keep lines of communication open
- Keep consistent bedtimes
- Eat together
- Help your child “switch” negative self-talk into positive self-talk
- At supper time, practice saying 3 positive things that happened that day
- Practice deep breathing together or blow bubbles
- Visit the Kids Help Phone website together – [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

[Parenting During Coronavirus - HelpGuide.org](http://Parenting During Coronavirus - HelpGuide.org)



always  
remember to  
laugh

Breathing exercises trick our brains into thinking we are calmer





# DE-ESCALATION *techniques* for defusing meltdowns

1. DON'T YELL TO BE HEARD OVER A SCREAMING CHILD
2. AVOID MAKING DEMANDS
3. VALIDATE THEIR FEELINGS, NOT ACTIONS
4. DON'T TRY TO REASON
5. BE AWARE OF YOUR BODY LANGUAGE
6. RESPECT PERSONAL SPACE
7. GET ON YOUR CHILD'S LEVEL
8. USE A DISTRACTION
9. ACKNOWLEDGE YOUR CHILD'S RIGHT FOR REFUSAL
10. REFLECTIVE LISTENING
11. SILENCE
12. BE NON-JUDGEMENTAL
13. ANSWER QUESTIONS + IGNORE VERBAL AGGRESSION
14. MOVEMENT BREAK
15. AVOID THE WORD "NO"
16. DECREASE STIMULATION
17. DEEP BREATHING EXERCISES
18. CALMING VISUALS

You're not imagining  
it and you are not  
alone – parenting  
teens is flippin'  
hard!!

MANTRAS TO THINK ABOUT WHEN YOU'RE  
HAVING A HARD TIME WITH YOUR TEEN:

MY TEEN ISN'T GIVING ME A HARD TIME,  
THEY'RE HAVING A HARD TIME.

I MAY NOT BE ABLE TO CONTROL THEIR MOODS OR  
REACTIONS, BUT I CAN ALWAYS CONTROL MINE.

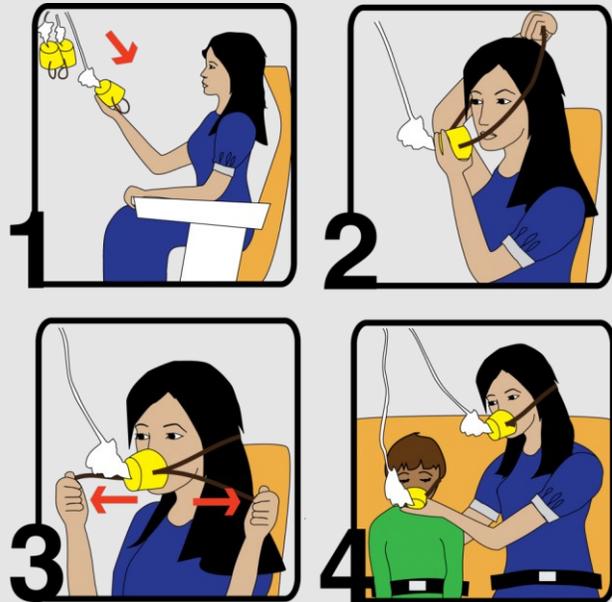
GROWING UP IS HARD. MY KID'S BODY AND BRAIN  
ARE UNDER MASSIVE CONSTRUCTION.

BEHIND THE EYE ROLLS, SIGHS AND CLOSED  
BEDROOM DOOR IS A CHILD WHO NEEDS ME.

IT WON'T BE THIS HARD FOREVER.

@raisingteens today

You need to take care of you too!

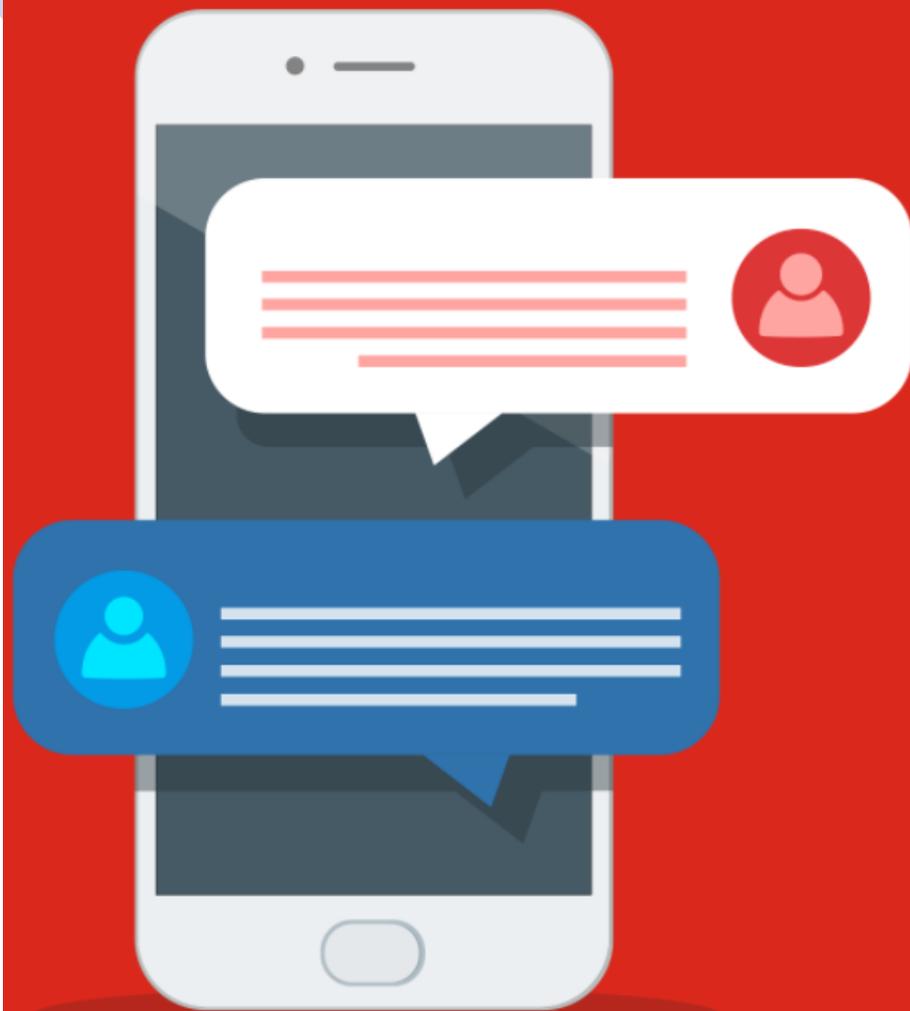


## ISOLATION WELL-BEING

- SHOWER
- MEDICATION
- DRINK WATER
- CLEAN ONE THING / SPACE
- TEND SOMETHING GROWING / LIVING

BE MINDFULLY PRESENT TO...

- A SOUND OR SONG
- A SENSORY FEELING
- SOMETHING YOU SEE
- A SPIRITUAL PRACTICE
- REACH OUT TO A HUMAN OUTSIDE YOUR HOME
- DO ONE THING TO GET YOUR HEART RATE UP
- DO ONE THING YOU'LL BE GLAD YOU DID LATER
- DO ONE THING JUST BECAUSE YOU WANT TO
- GET IN AT LEAST ONE GOOD LAUGH

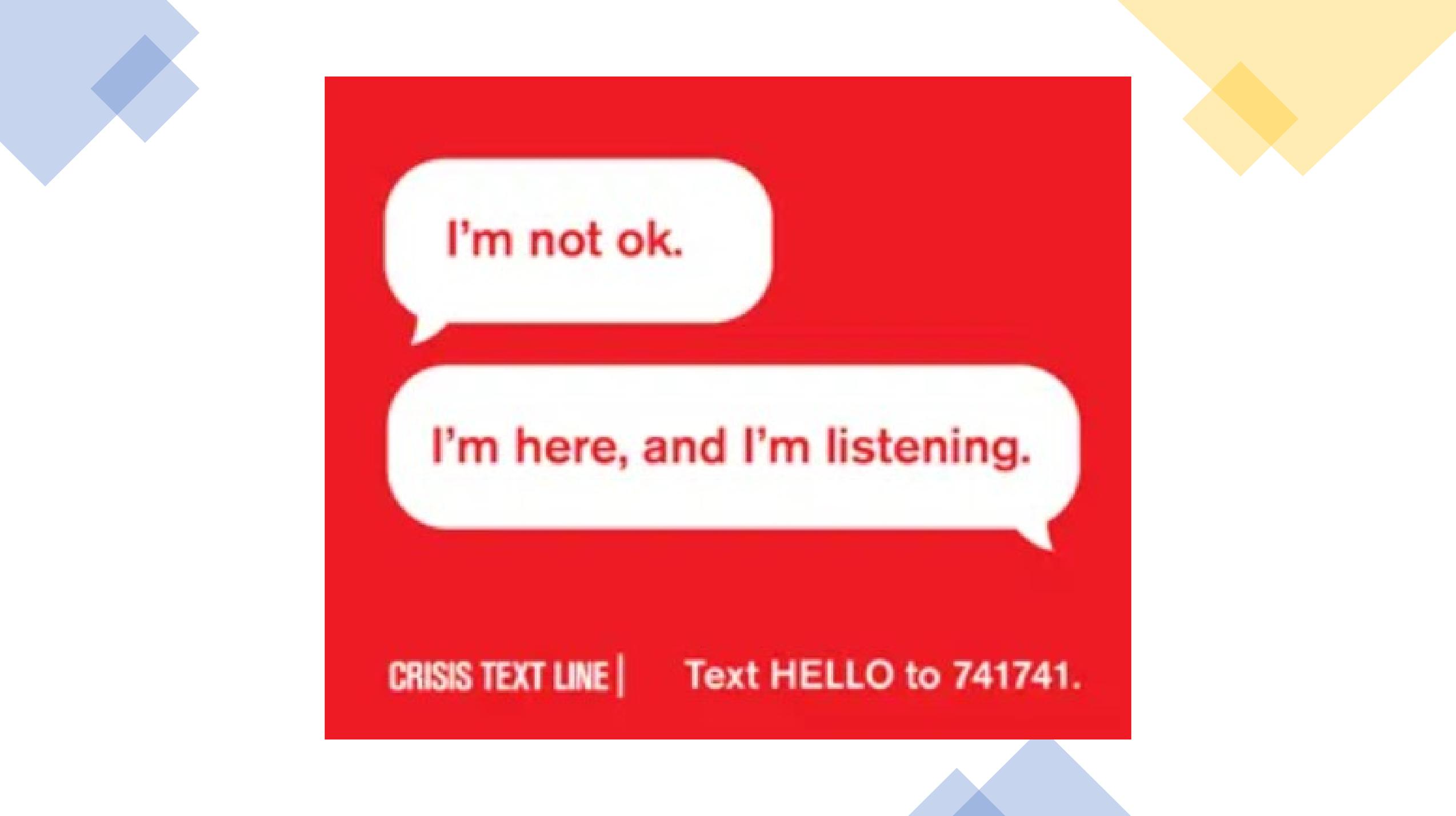


**You can now  
text 2-1-1  
to find support**



**HELP STARTS HERE**



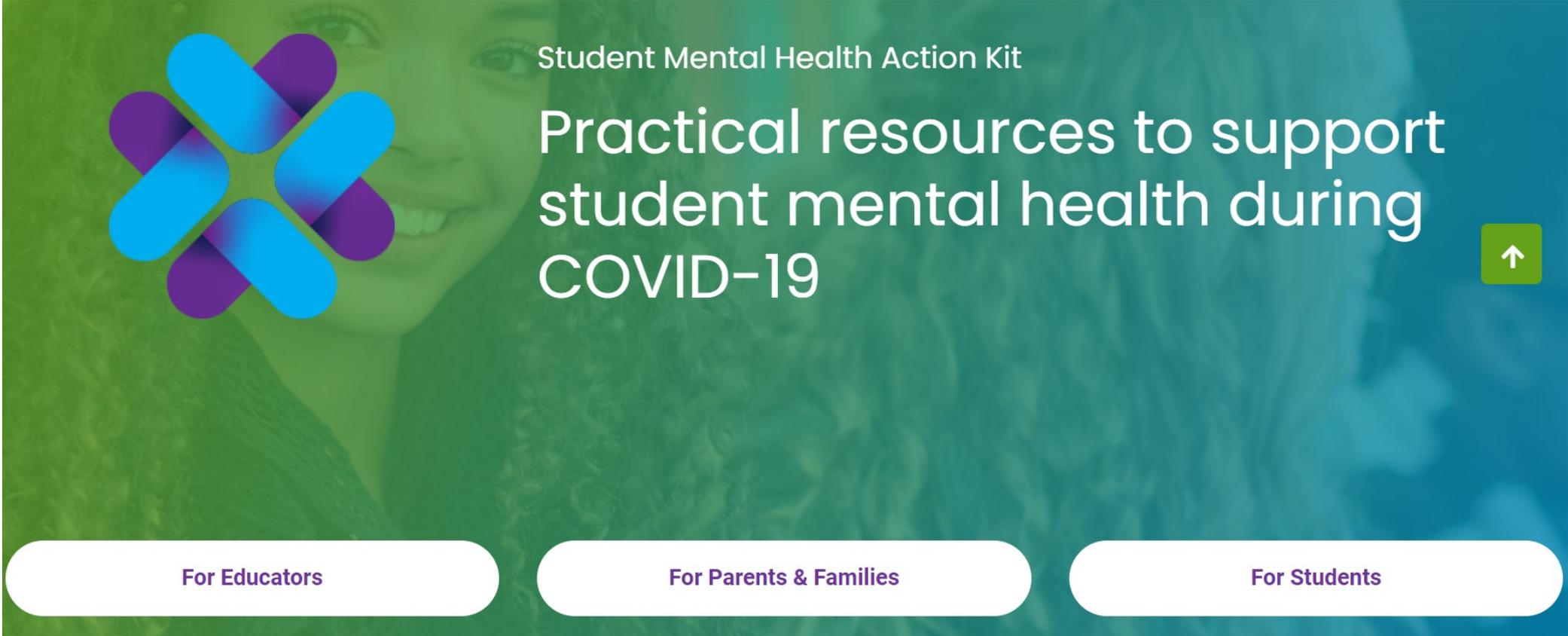


I'm not ok.

I'm here, and I'm listening.

CRISIS TEXT LINE | Text HELLO to 741741.

# How the school board is supporting child and teen mental health during this challenging time

A banner for the 'Student Mental Health Action Kit'. The background is a gradient from green to blue, overlaid with a faint image of a smiling young woman. On the left is a logo consisting of six overlapping rounded rectangular shapes in blue and purple. The text 'Student Mental Health Action Kit' is in the top right, followed by 'Practical resources to support student mental health during COVID-19' in a larger font. A small green square with a white upward arrow is on the right. At the bottom are three white rounded rectangular buttons: 'For Educators', 'For Parents & Families', and 'For Students'.

Student Mental Health Action Kit

Practical resources to support student mental health during COVID-19

↑

For Educators

For Parents & Families

For Students

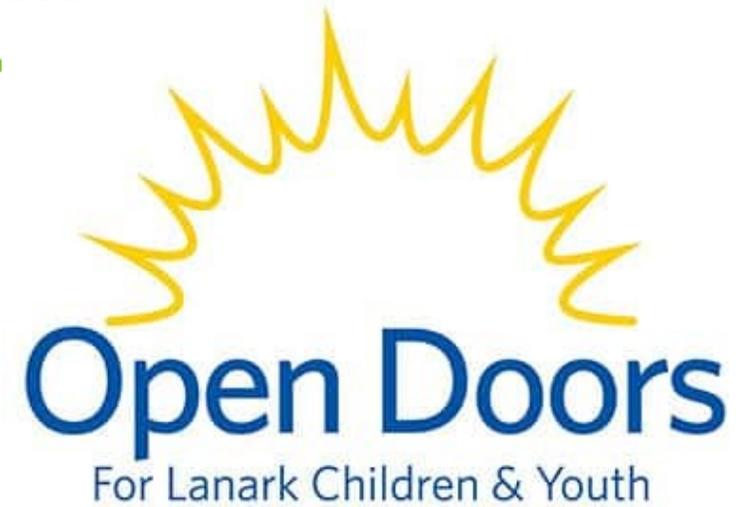
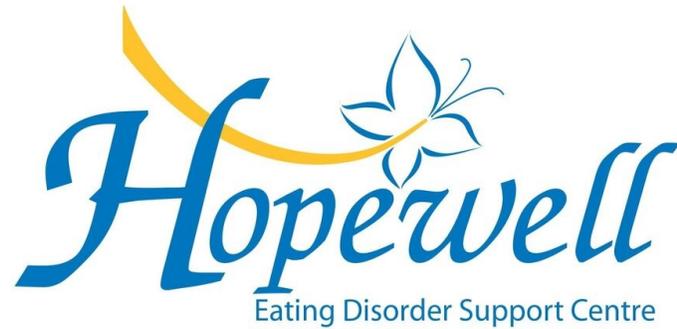
Our [2020-2021 School Year Mental Health Strategy](#) is posted on our CDSBEO website



## Remember, you're doing your best!

- Don't underestimate how important free time, playing outside and just being together is for everyone's mental health and well-being.
- **Need more support?** Take a look at our [COVID-19 parent and family page](#) for tips, resources and contacts to help you support your child's mental health during the pandemic response.
- If you found this information helpful, be sure [to subscribe to our website](#) . You can also [follow us on Twitter](#).

# Where can parents turn to for support?



Whenever you  
need to talk,  
we're open.

 Text 686868

 KidsHelpPhone.ca

 Call 1-800-668-6868

Kids Help Phone 





# VIRTUAL PENS & PAINT

**Ages 13 to 20 | Free | English**

**An 8-week virtual program that will help you learn how to cope with stress & express yourself through art!**

*Discover. Connect. Express.*

**Comes with an art supply kit to follow along with us from home!**

**Tuesdays at 5:00PM-7:00PM  
April 27th to June 15th  
Join us in YouthNet's Zoom Room**

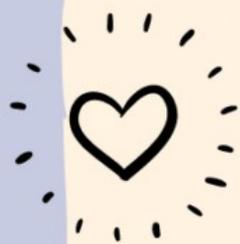
**Sign up at [ynra.ca/youth-programs](http://ynra.ca/youth-programs)  
or contact Stefan Domaradzki  
[sdomaradzki@cheo.on.ca](mailto:sdomaradzki@cheo.on.ca) - (613) 777-9503**



Join YNRA's  
Virtual



## Self-Care Social Group



**MONDAYS AT 6:00PM-8:00PM  
MAY 3RD TO JUNE 21ST**



**AN 8-WEEK PROGRAM TO EXPLORE SELF-CARE WHILE DISCOVERING THE BEAUTY OF MUSIC, YOGA, MINDFULNESS, JOURNALING -AND MORE!**

**AGES 13 TO 20 | FREE | ENGLISH**



**Sign up at [ynra.ca/youth-programs](http://ynra.ca/youth-programs)  
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**Resources  
Around Me**  
Find a youth program near you  
**GO NOW**



**Live Chat**  
Connect with a professional counsellor online from 7 p.m. to midnight ET  
**LEARN MORE**



**Messenger**  
Access support using Facebook Messenger  
**LEARN MORE**



**Phone**  
Call us for support through our phone service  
**LEARN MORE**



**Text**  
Get support right now through our texting service  
**TAP TO TEXT**



helping parents of children  
facing mental health challenges  
find their way forward



[ABOUT TRIPLE P](#) | [GET STARTED](#) | [FIND HELP](#) | [BLOG & VIDEOS](#) |

**POSITIVE CHANGES,  
MADE SIMPLE**  
**LIKE TO TRY A VIRTUAL  
SESSION?**

[SEE OUR CALENDAR](#) 

[Positive Parenting during COVID-19 - CANADA –  
Positive parenting during COVID-19 \(triplep-parenting.ca\)](#)

# Any Questions??



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For answers to some of the questions posed at the end of the presentation, please see the next slide.

# Answers to questions posed at the end of the presentation

- For some resources specific on supporting children and teens during COVID, please visit the Kids Help Phone site: [Search Results for covid - Kids Help Phone](#)
- When parents or kids get very sick with COVID, it can be difficult to know how to explain what is happening to a child. Here is an article with some good tips: [Talking to your child about illness \(aboutkidshealth.ca\)](#)
- The Triple P website for the SDG and Prescott-Russell region is: [www.mytriplep.ca](http://www.mytriplep.ca)
- Some other good free resources you may want to check out for parents are [Bounce Back Ontario](#) and [Togetherall](#) and the [mental health section of our CDSBEO website](#)
- For any further questions, feel free to reach out to Michelle Neville, the Mental Health Leader for the CDSBEO: [michellek.neville@cdsbeo.on.ca](mailto:michellek.neville@cdsbeo.on.ca)