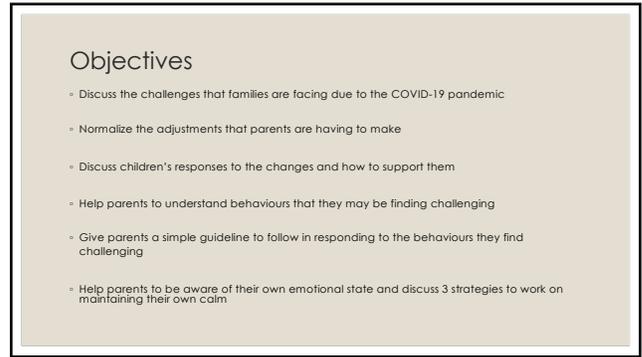


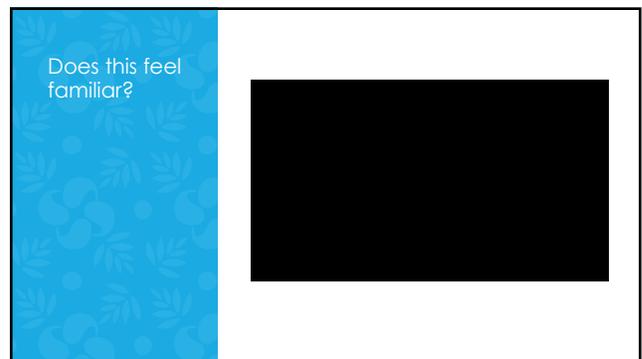
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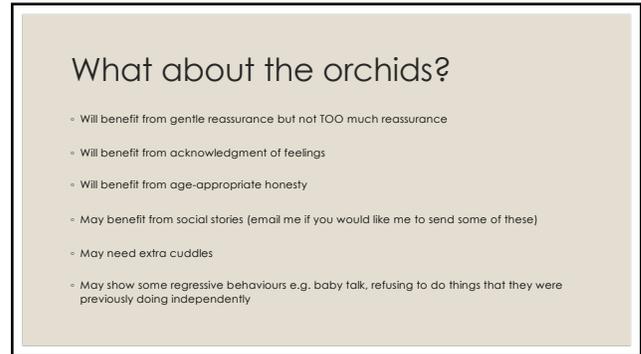
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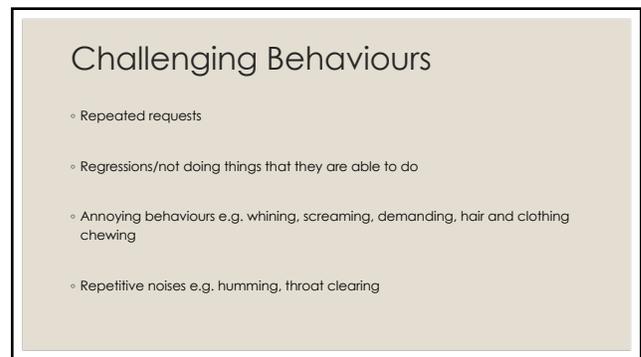
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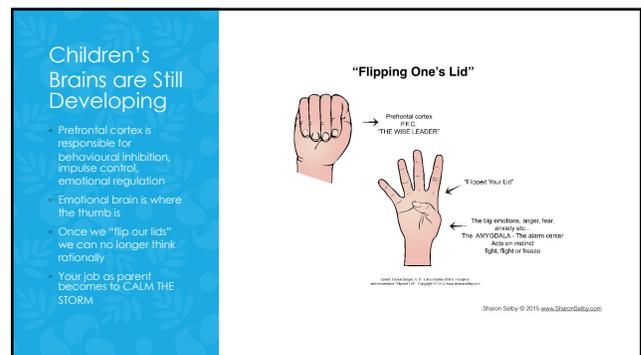
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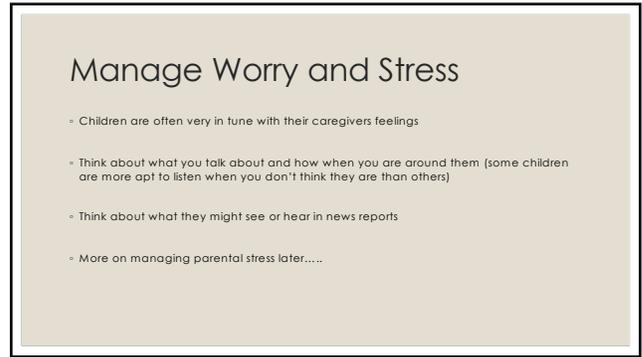
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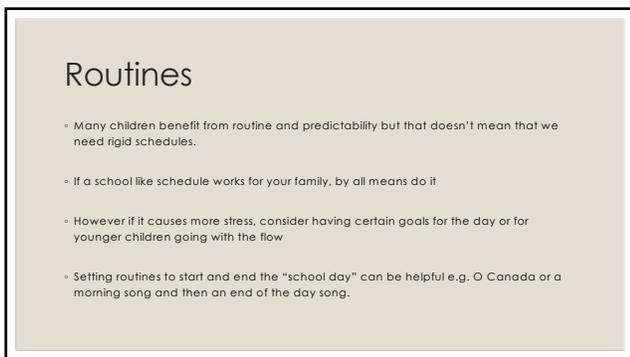
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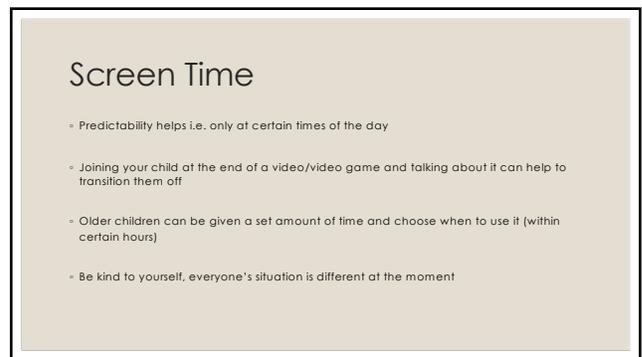
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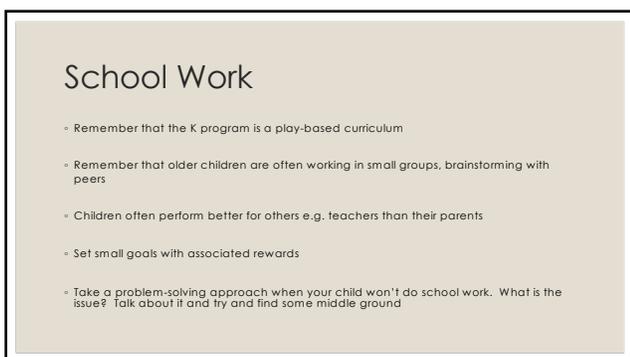
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The Traffic Light Model



- Intervene
- Ignore
- Praise

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Specifically praise behaviours you want to see more of

- Asking nicely
- Waiting
- Sharing
- Doing something when asked or even without being asked
- Calming down
- Persevering (keeping trying)
- Try it on your partner too 😊

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Ignore – Annoying Behaviours

- Pulling faces
- Swearing
- Screaming
- Chewing clothing and hair
- Ignoring you
- Act like you didn't see/hear it
- Give back attention as soon as the behavior stops/starts
- Praise the opposite

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Intervene – Hurting self, others or property, major rule violations

- Upstairs brain is offline > your job becomes to calm yourself and them
- Move people and property away from them if necessary
- Give the message and actions "I am not going to let you hurt me/him"
- Get down on their level if they won't hurt you
- What do I want my child to learn, how and when will they best learn it?
- Save consequences for after the storm, make them natural if possible
- Problem-solve for future situations

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MANAGING PARENTAL STRESS

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Managing Parental Stress

- Developing Awareness of your own stress response
- Where do you hold stress in your body?
- Deep breaths / mindfulness. Calm your own stress response
- What grates on your nerves and why stress response
- Challenging and reframing your thinking (internal dialogue)
- Imagine there is a video camera watching how you behave

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Enlist Grandparents and Others

- Read stories
- Play games over video
 - I spy
 - Hangman
 - Draw a picture and have the other one guess what it is
 - Tell the other one what to draw
 - 20 questions
 - Tic-tac-toe
 - Charades (animal charades for younger children)

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Games to Play While Lying Down

- Guess what's on my bum
- Draw me
- Paleontologist
- Airplane rides

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Conclusion

- Questions?
- Email me if you would like copies of children's stories about COVID-19
- Email me for appointments

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