

PBIS

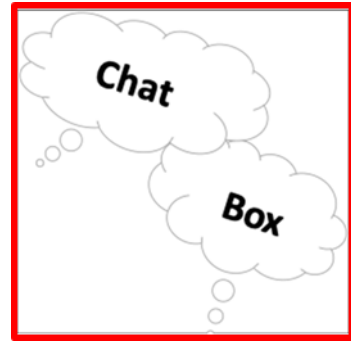
Trauma Informed Practices Recovery and Support



**Los Angeles County
Office of Education**

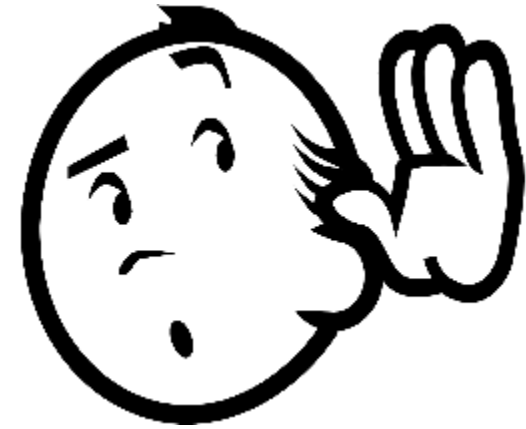


Self-Awareness Check In



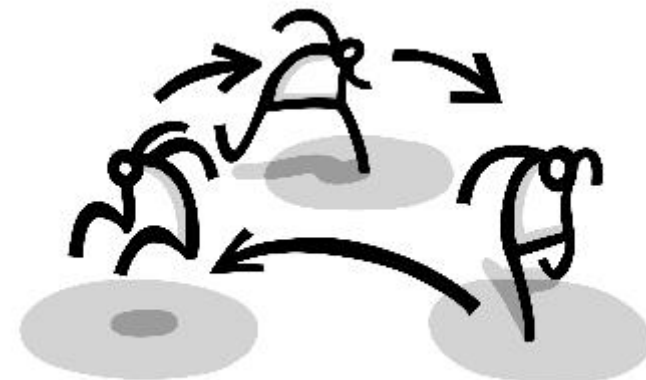
When? How?: Quiet

Listen



- Choose a time when your kids are likely to want to talk, such as at dinner.
- Ask what they already know and what questions and concerns they have.
- Everyone reacts differently, but your kids' questions can guide your discussion. Remain calm.
- Listen BUT CONFIRM any concerns and information with school staff.

Again and again..



- Frequently talk with your kids, “check in”, to see how they're coping.
- Offer them regular updates. This is a moving target. Things are constantly changing.
- Encourage them to express their feelings, letting them know that it's ok to be upset.
- Encourage them to come to you with any new questions, this builds trust.

Information



Apps, Social Media, Facebook may give you information (often from friends and influencers), but they are still apps.

- The [Centers for Disease Control and Prevention \(CDC\)](#)
 - CHILD: <https://www.cdc.gov/mentalhealth/stress-coping/parental-resources/childhood/index.html>
 - ADOLESCENCE: <https://www.cdc.gov/mentalhealth/stress-coping/parental-resources/adolescence/index.html>
- [World Health Organization \(WHO\)](#)
- Los Angeles Department of Public Health
- http://publichealth.lacounty.gov/media/coronavirus/docs/protocols/Reopening_K12Schools.pdf
- www.burbankusd.org
- www.lacoe.edu/Home/Schools-LA-County-Can-Count-On/Safety

Refer to current federal and state recommendations

Be prepared to talk to your kids and provide support

Signs and Symptoms at Home

- **Excessive worry and/or inability to stop**
- **Self-Doubt**
- **Irritability and Depression**
- **Experimentation with alcohol and drugs**
- **Physical Problems**
 - **Sleep**
 - **Headaches and stomachaches**
 - **Regression (thumb sucking, bedwetting, tantrums, whining)**

Intellectual property of CAHELP



Signs and Symptoms at School

- Difficulty with transitions
- Refusal to go to school
- Avoidance of academic and peer activities
- Self-Criticism and low self-esteem
- Difficulty concentrating
- Not following directions or completing assignments
- Decline in grades



What can we do?

Ways to support and help students transition and return to “normal”

- Structure
- Small steps
- PLANNING
 - Physical fitness
 - Limit screen time
 - Cooking
 - Games
 - Yard work
- Seeking opportunities for engagement, community service, school activity, giving back



Your LACOE PBIS Team



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WHEN YOU RECEIVE OUR AUTOMATED EMAIL REMINDER,
PLEASE TAKE A MOMENT TO COMPLETE
THE ONLINE EVALUATION.

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