

## University of Maryland School Mental Health Program's Wellness Wednesdays - Tips for Learning from Home

Understanding your child's experience is the first step to improving their behavior and school performance. Children may feel lost or confused during this time. Talking with them about their experience and creating structure and routine can help.

### Tips for Focus and Concentration:

- **Take care of physical needs.** Regular exercise and [movement](#) breaks help children focus during work times.
- **Create a [routine](#).** Knowing what to expect makes transitions easier. Be sure to stay consistent with this routine each week.
- **Provide incentives for success.** Having something to look forward to can help children finish their work. Small rewards, like a fun activity that can be done only once work is finished.

### Tips to Keep your Child Motivated:

- **Maximize choice.** Involve your children as much as possible in the details of school. The more control they feel, the more they will engage. Create choices during independent work time. Ex: Do you want to start with Math or Reading?
- **Goal-setting.** Have your child list three reasonable goals they wish to complete by the end of the day. Come up with a reward if your child meets their goals.
- **Work together.** If a task is too large, help your child break it up into smaller, easier steps.

### Don't forget to...

- **Give yourself grace!** This is hard. It takes a lot of time and energy to figure things out, especially with technology. With your continued effort and support, it will get better!
- **Connect with School Staff.** Keep teachers informed, they may be able to help!



### Additional Resource Links

[Age-Based Tips to Help Juggle Parenting & Working at Home During COVID-19](#)  
[City Schools Online Learning Support](#)

[Helping Kids Stay Motivated for Distance Learning](#)

[9 Tips for Motivating Children to Learn at Home](#)

## University of Maryland School Mental Health Program's Wellness Wednesdays

### Interested in SMHP services for your child?

Reach out to Jasmine Savoy by phone or email. (See below for more contact information). You can also talk to your child's teacher or Principal Brown about completing a referral form or request one yourself.

Not sure about the program but want to learn more or consult with a counselor? Let's connect!

### Stay connected with Office Hours

Feel free to "stop by" and meet our team using this link:

Wednesdays 3:00-4:00pm [Zoom link for Wednesday](#)  
Thursdays: 8:00-9:00am [Zoom link for Thursday](#)

### Cultural Responsiveness and Equity

[University of Maryland Cultural Responsiveness & Equity](#)

[Talking About Race](#): The National Museum of African American History & Culture for educators, caregivers, and involved community members sorted by topics of bias, whiteness, and self-care.

[Talking to Kids about Racism & Justice - Book Lists](#)

The Oakland Library developed a curated list of books, articles, videos, websites, and more, broken down by age range to assist adults in discussions of racism and justice with children.

### Self-Care Corner

- Identify 1 thing to do for yourself today
- Be realistic when setting expectations for yourself and your child
- Take breaks from social media
- Identify your child's strengths
- Have a positive moment with your child

### Crisis Support

For Life Threatening Emergencies **DIAL 911**

Here2Help Hotline provides 24/7 confidential advice and emotional support.

**410-433-5175** | [Here2Help](#)

Maryland Crisis Hotline

**DIAL 211** | <https://211md.org/>

National Suicide Prevention Hotline

**1 800-273-8255** | <https://suicidepreventionlifeline.org/>

Child Protective Services (410) 361-2235

**410-361-2235** | [CPS - MD Dept of Human Resources](#)

### Useful Links

[U of MD National Center for School Mental Health](#)

[Baltimore City Public Schools](#)

[Behavioral Health & Wellness](#)

Brought to you by Ms. Jasmine, clinician with the University of Maryland School Mental Health Program in partnership with Augusta Savage Fells Institute of Visual Arts

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Office Hours: Wednesdays 3:00-4:00 [Zoom link](#)

Thursdays: 8:00-9:00am [Zoom link](#)

Psychiatrist: Dr. Albert Nguyen (available Tuesday 8:30-11:30 by appointment)

Trainee: Unique Eaton (Mondays, Wednesdays, and Fridays)

