



Dawson County Schools

April 13, 2020

## Support While Sheltering In Place

### REMINDER... Positive Behavior Support Parent Academy

The Center for Leadership in Disability at Georgia State University presents an online learning opportunity for parents. Parents learn how to apply the positive behavior support process to their individual child's/family's needs. Group sessions are held on the days below. Individualized coaching sessions are held between the group sessions at times that are convenient to the parent. Sessions are online from 10 a.m. – 12 p.m. on the dates below.

- 1) 4/16/20
- 2) 4/21/20
- 3) 4/23/20
- 4) 4/28/20
- 5) 4/30/20

Parents can register for free by [CLICKING HERE](#).



## How to Prevent Loneliness in a Time of Social Distancing

With so many people isolated due to quarantine and social distancing because, Covid-19 is only one health concern to be worried about. Scientific American reminds us that loneliness is another. Scientists are working around the clock to learn more about the Coronavirus and how it works, but it has long been known the effects of social isolation and loneliness on the body.

When a person does not have personal connections with others, they are more likely to catch colds, experience depression, develop heart disease, have lower cognitive function, and live a shorter life. Human connection promotes wellness.

Although social isolation is the best response now to prevent the spread of Covid-19, let's take this opportunity to recognize the importance of relationships for our health and to practice leveraging technology for social well-being and mental health. A few suggestions to help us maintain meaningful connections without contact include the following:

- **Face-to-Face From Afar** – Video communication whenever possible because facial cues and body language is important for bonding.
- **One-Minute Kindness** – Send someone a direct message or email with a genuine compliment or expression of gratitude.
- **Deepen or Broaden** – Nurture existing relationships or form new ones.

To read more of the Scientific American article, click [here](#).

# De-Escalation Tips In Light Of Coronavirus Anxiety



On April 1, 2020, the Crisis Prevention Institute shared a list of proven de-escalation techniques that may be utilized in situations of anxiety as a result of the Coronavirus. According to CPI, individuals are facing elevated emotions in a variety of situations, such as interactions in healthcare settings, grocery stores, takeout lines, and even home. The tips shared can help individuals control their own behavior during heightened stress and anxiety. The 5 tips everyone can use include the following:

- **Understand that Behavior is Communication:** Most communication occurs beyond the words we use. Look for signs of anxiety in body language, tone and cadence. Understand that crisis behavior reflects a need and consider what it is the other person might want.
- **Avoid the Power Struggle:** No one can meet every need at every moment. Challenging or exercising authority over a person can escalate negative behaviors. Considering options that you can offer allows flexibility to address both parties' needs and desired outcomes.
- **Use Limit Setting:** Behavior can't be forced but setting limits can help us influence behaviors. Framing acceptable behaviors or outcomes can encourage the other person to choose the most productive option.
- **Practice Rational Detachment:** Don't take behaviors personally. Stay calm. Find a positive way to release the negative energy you absorbed during the conflict. Keep in mind, you can only control your own attitude and actions.
- **Therapeutic Rapport:** Learn from the conflict and help the other person learn from the experience. Focus on identifying and preventing the pattern of behavior in the future. Finally, put time and effort into repairing the relationship.

CPI has found that stress, fear and anxiety can impact mental health both short- and long-term. When pressed, these scenarios can cause people's reactions to escalate and lead to verbal and even physical conflict. This is why CPI instills in its methods the philosophy of Care, Welfare, Safety and Security<sup>SM</sup> for everyone.

Visit [www.crisisprevention.com/ReduceConflict](http://www.crisisprevention.com/ReduceConflict) where you can find and download additional free tips and information.

## Visit Zoo Atlanta ...Virtually!

Zoo Atlanta is a great place to find virtual learning resources. From live cams and animal fact sheets to career explorations via Keeper Talks and blogs, there are resources for all ages.

- Take a virtual field trip through the zoo by clicking through the [online map](#).
- [Animal pages](#) assists students with conducting research and learning more about unique animal ambassadors who live at Zoo Atlanta.
- The [Panda Cam](#) is a live stream of what the pandas are doing 24/7.
- [Zoo Atlanta's YouTube Channel](#) is a source for information about careers in zoology, Keeper Talks, research, and more.
- The Association of Zoos and Aquariums (AZA) has created an online location to find [virtual resources and tools](#) from zoos and aquariums across the country. See the calendar of events for activities your student can log on to.
- Zoo Atlanta is working to help support student learning online by creating new resources, videos, and content that is updated weekly. These tools can be accessed on the new [At Home](#) webpage!

