

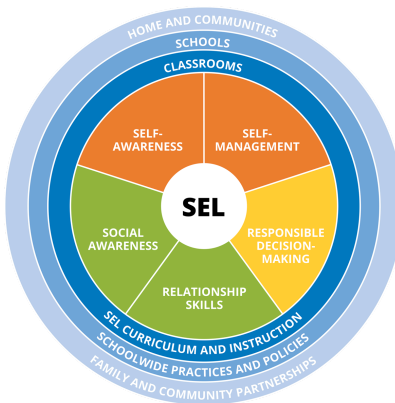


Aldine ISD believes in meeting the needs of all of its staff members, families, and students. In response to COVID-19 and the disruption of district operations, there might arise some emotional response in the home from both children and adults. Social and emotional learning strategies may help families cope with some of the stress while out of school.

In providing a level of comfort to many children, it is helpful to create and maintain routines. Activities such as schoolwork, physical movement, crafts, and housework should be scheduled throughout the day. Parents should encourage children to be consistent and maintain their schedules.

Adults must be mindful of what our children are being exposed to through the internet, television, and our personal conversations with others. Taking time to talk with your children about their fears and giving them a sense of control can help reduce stress. Adults can provide support by being present, remaining calm, and assuring them. It is recommended that children limit their television viewing, and instead encourage them to play games (e.g., board games), draw, journal, and read books. Always watching news coverage feeds anxiety and fear in children.

It is important to let children know it is okay to be nervous, and that you are there to care for and support them. Often, children look to adults as a model on how to deal with stressful situations. Adults' reactions must be slow and measured to provide guidance on how to react to various events. Conversely, children need factual, age-appropriate information about the potential risks and appropriate preventive measures that are being undertaken. It is essential to reassure your children that both school and government officials are working carefully to ensure that everyone stays safe.



*This is an official document from the Aldine ISD Social-Emotional Learning Department.  
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