

Support While Sheltering In Place

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](#).



The Discomfort You're Feeling Is Grief

Recently, the Harvard Business Review discussed with David Kessler to discuss the feelings people are dealing with across the entire world while navigating through the COVID-19 pandemic. David is recognized as a world-expert on grief and founder of www.grief.com, which has over 5 million visits yearly. In the article, David shares his thoughts of the types of grief we are all dealing with right now and offers suggestions for working through our feelings. He reminds us that the 5 stages of grief are denial, anger, bargaining, sadness, and acceptance. As you think back of the events and news stories over the past two months, it is clear to see that not only we, but our entire nation, is going through the different stages. Check out the full article [here](#).

Keep Yourself Healthy

The CDC reminds us that taking care of ourselves, our friends, and family can help us to better cope with stress.

- Take breaks from watching, reading, or listening to news stories, including social media. Too much information on a continual basis can increase anxiety.
- Take care of your body. Take deep breaths, stretch, or meditate. It's important to eat healthy, exercise, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do something you enjoy.
- Connect with others. Talk with the people you trust about your concerns and how you are feeling.

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row. For more information about those at increased risk for stress during a crisis, supporting your children and loved ones who are experiencing stress, and more, [CLICK HERE](#).

Home Chats: Parents Guide to Healthy Conversations During the Coronavirus Outbreak



Growing Leaders (www.growingleaders.com) is a global nonprofit that encourages and equips young adults to take on real-life opportunities and challenges in the classroom, in their careers, and in the community. Their process and resources are grounded in research and a unique understanding of the emerging generations, and recognize that leading others at any level begins with learning how to lead yourself.

Growing Leaders has created 8 one-page discussion guides to help parents and their children discuss and build relevant life skills. You can download these great discussion tools [here](#).

Additionally, in a brand new series of videos, Dr. Tim Elmore, CEO and founder of Growing Leaders, shares inspiring stories, tips, and practical advice specifically for adults during the Coronavirus outbreak. [Click here](#) to start watching the first video in this series of vlogs.

Happy Spring Break

Need Internet Options?

Almost every Internet provider has lifted data limits on plans and is offering flexible options for students and families working from home during the COVID-19 pandemic. Reach out to your provider to ask about available options. If you do not have a provider, call to see what free options may be available on a temporary basis.

10 Things You Can Do To Manage COVID-19 At Home

[CLICK HERE](#)

- 1) Stay Home
- 2) Monitor Symptoms (if they worsen call your healthcare provider)
- 3) Rest & Stay Hydrated
- 4) Call Ahead (if you have a medical appointment to let them know you have symptoms)
- 5) Call 911 (if your symptoms are severe)
- 6) Cover Your Coughs & Sneezes
- 7) Wash Your Hands
- 8) Use A Separate Bathroom (stay away from others in your home)
- 9) Avoid Sharing Personal Items
- 10) Clean All Surfaces Touched Often

www.cdc.gov/COVID19