

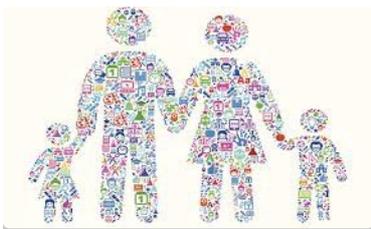
Tuscarora Intermediate Unit

April 6, 2020

Parent Power, Issue 1

Welcome to the TIU's first edition of **Parent Power**, a newsletter designed to provide resources for families, students and schools to support mental health and social and emotional learning at home.

The Tuscarora Intermediate Unit is a regional educational service agency meeting the needs of public and nonpublic schools, personnel and students and students in Fulton, Huntingdon, Juniata and Mifflin Counties. Our programs provide services across Pennsylvania to thousands of kids and families.



At any age, we feel better when we can have some sense of control. This is especially true during this period of school closures and quarantine. During this time of adjusting to a “new normal” families and caregivers must have access to activities and resources which will help build routines and, in return, establish a sense of control for children and adults. Included in this issue of *TIU Parent Power* are resources and activities to enable a sense of control and build connections.

Dr. Tina Lawson, Behavior Consultant at The Pennsylvania Training and Technical Assistance Network (PaTTAN), addresses ways parents can prevent challenging behaviors at home in a two-part series. Part 1 of the series addresses, [How to Deal With Challenging Behaviors While Schooling At Home During the COVID-19 Crisis](#). In this video you will learn meaningful ways to address planning, modeling, and communicating with your child while learning at home.

Mindfulness Matters

“The little things? The little moments? They aren’t little.”

Mindfulness is simply the practice of being present, in any moment, no matter how big or small. It can be used at any time and in any situation; this is why mindfulness is one of the best exercises we can do to help manage fears, stress, extra energy, and lack of focus for both ourselves and the children we care for. The word 'present' can mean a gift, and it also describes what is happening *right now*, in the moment.



Try to practice some simple mindfulness activities to enjoy the present moment, the little things! **The Five Senses** activity below is a great way for children to work on becoming more present, a vital practice for encouraging mindfulness!

The Five Senses

Right now I see...

Right now I hear...

Right now I am touching...

Right now I smell...

Right now I feel...



Craft Corner

Crafts are not only fun and a great way to be creative, they promote:

- Rich and meaningful social interactions
- Development of fine motor skills
- Intentional relationship building
- Coordination between both the left and right sides of the brain

Please enjoy this craft from [Happiness Is Homemade](#) that we have for you today!

Tin Can Windsocks

Clean Recycled Can (any size!)

Acrylic Paint and Paint brushes

Glue (such as Tacky Glue)

Assorted Ribbons (you can use yarn, colored paper, old fabric)

Optional embellishments like glitter, stickers, gemstones, sequins

Masking Tape or Duck Tape

Paint the can in colors of your choice.

After paint has dried, use glue to attach the ribbons to the bottom rim of the can.

Also attach a ribbon to the top of the can to form a handle.

Hang these proud creations in your home, on a tree, or in your garden!

Easy Garlic Bread Pizza

You only need 4 ingredients!

Texas Toast Garlic Bread (or any bread will do!)

Your favorite pizza sauce

Mozzarella cheese

Pepperoni (or any other topping)



Make these mini pizzas in a toaster oven, or heat your conventional oven to 425 degrees. Place your mini pizzas on a cookie sheet, bake for 8-10 minutes. Bon Appetit!

Resources to Practice Self and Family Care



Building Structure

[Essentials for Parenting Toddlers and Preschoolers](#)



Games!

[5 Games to Play with Your Child](#)



Working from Home?

[A Guide for Working \(From Home\) Parents](#)



Pennsylvania Statewide Support & Referral Helpline for COVID-19

The Department of Human Services (DHS) offers a Support & Referral Helpline, staffed by skilled and compassionate staff who are available 24/7 to assist Pennsylvanians struggling with anxiety and other challenging emotions due to the COVID-19 emergency, and refer them to community-based resources that can further help to meet individual needs. The number to call is 855-284-2494. For TTY, dial 724-631-5600.

Helping Children Cope with Changes Resulting from COVID19



COVID-19 Parental Resource_UPDATED copy.pdf

[Download](#)
271.5 KB

