

FIVE WAYS
YOUR CHILD
CAN CONNECT
WITH OTHERS
DESPITE
QUARANTINE.

DULCE TORRES, LPC-S, BCC,
ACC





FIRST TIP: PLANTING THE FOUNDATION

WHEN YOUR CHILD HAS LEARNING DIFFERENCES

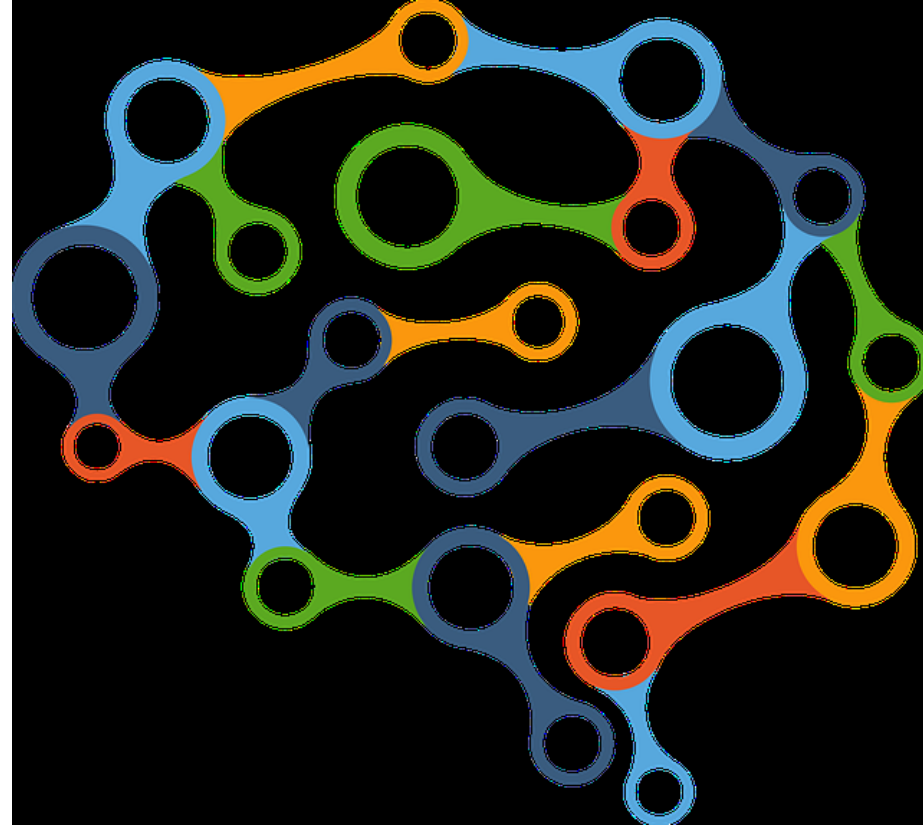
- **Learning disabilities are due to genetic and/or neurobiological factors that alter brain functioning in a manner which affects one or more cognitive processes related to learning. These processing problems can interfere with learning basic skills such as reading, writing and/or math. They can also interfere with higher level skills such as organization, time planning, abstract reasoning, long or short term memory and attention. It is important to realize that learning disabilities can affect an individual's life beyond academics and can impact relationships with family, friends and in the workplace. LDAofAmerica**

LEARNING DIFFERENCES

Attention Issues (such as
ADHD)

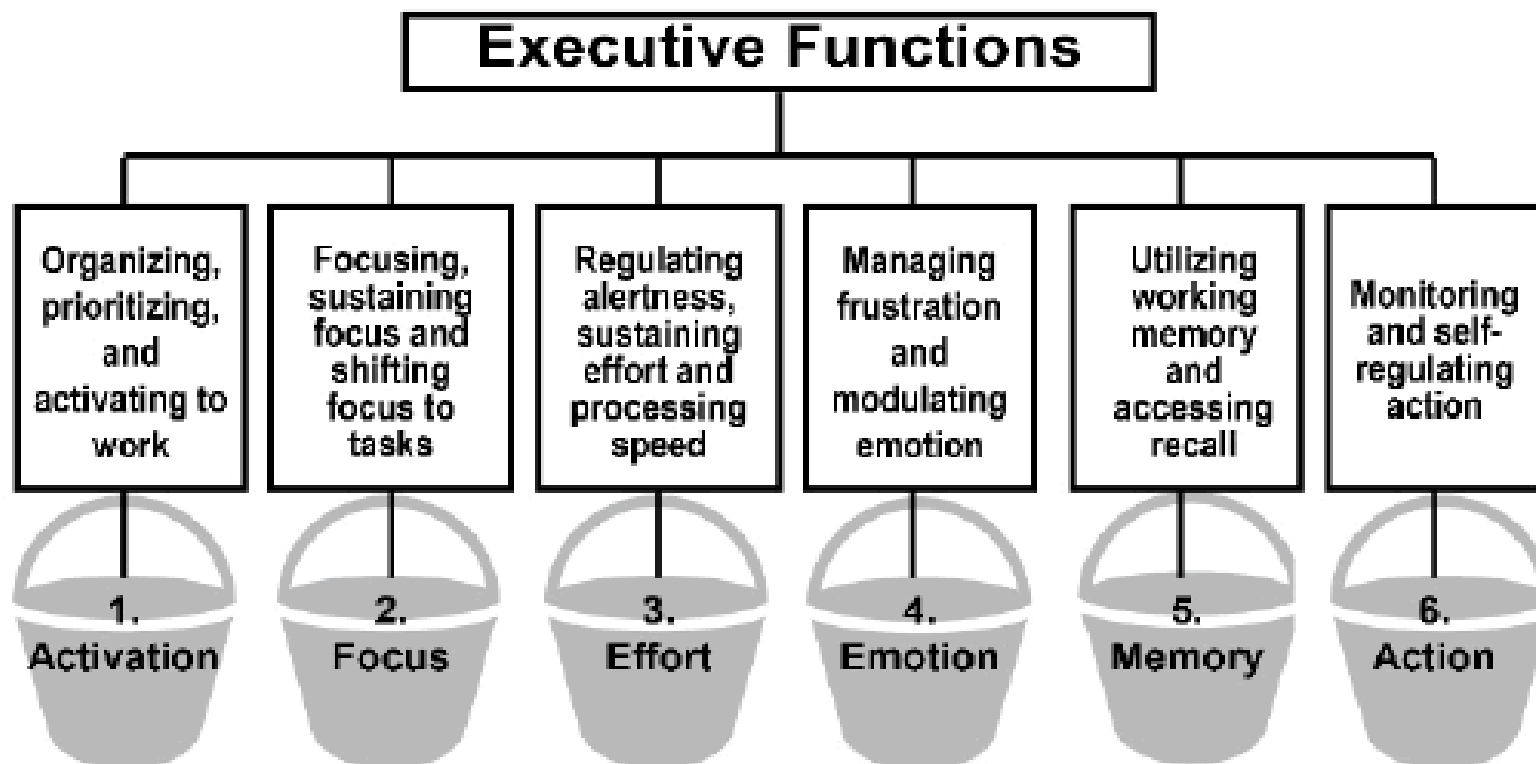
Learning (such as reading,
math, language, dyslexia)

Executive Functioning



EXECUTIVE FUNCTIONS

Brown's Model of Executive Functions Impaired in AD/HD



Brown, T.E. *Manual for Attention Deficit Disorder Scales for Children and Adolescents*; 2001.

Figure 2 Six “buckets” of Brown’s model of executive functions (Brown, 2005).

PUTTING EF INTO PERSPECTIVE



Let's make dinner



PLANNING AND ORGANIZING:
What should I make? Do I need to go to the grocery store first? How long will this take? Do I have enough time?

ACTIVATION:
Let's get started.

ATTENTION:
"Leave to simmer, stir occasionally..." Prep other ingredients while pot is boiling. Do not forget to check on the pot every 30 seconds or it will be ruined!

EFFORT: This recipe is a lot harder than I expected but now I've made a mess and it's too late to change my mind. I need to finish this.

EMOTION: I forgot about the pot on the stove! Why can't I just make a simple dinner?

MEMORY: What time did I put that in the oven? Did I already add salt? Was I supposed to stir this while it was heating?

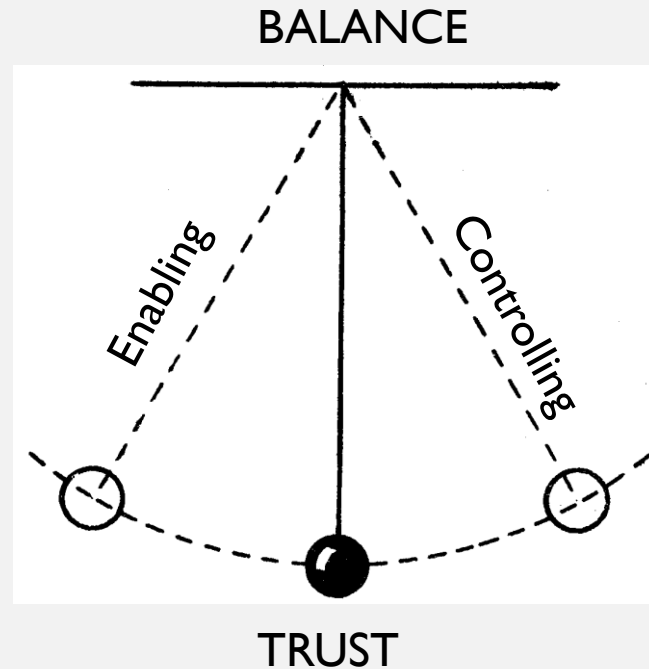
MONITORING AND SELF REGULATION: I probably need to speed up my process if this is going to be ready in time.

COMMUNICATION AND BOUNDARIES



Healthy boundaries are essential for healthy relationships! Sometimes they are unspoken. Yet, if you recognize **tension in your relationship** or you feel **taken advantage of**, this is a sign... your boundaries are not clear or agreed upon, and you need to talk about it!

BUILDING A HEALTHY RELATIONSHIP

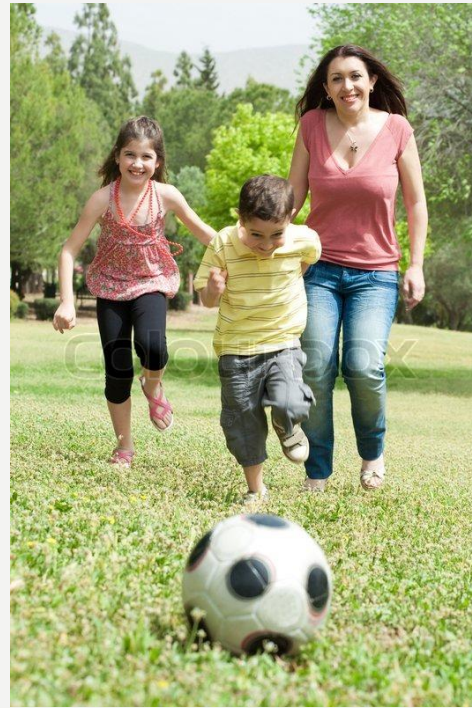


Enabling – doing for you because I don't trust that you can do it

Controlling – doing for you because I don't trust that you'll do my way



HOME CONNECTIONS



2. PARENTS

- Play Board Games
- Go on walks
- Partake in physical activity, either outside or inside
- Have your child teach you something, about their hobbies, (i.e. video games, sports, musical instruments, art)
- Cook together
- Listen to music together
- Start a new hobby
- Be a storyteller (imagination or books)

DISTANCE CONNECTIONS

3. STAYING CONNECTED WITH FRIENDS

You set the tone and rules

- Virtual dates with best friends or relatives (board games)
- Virtual storyteller
- Scavenger Hunt: go outside and find a house with a car park in the driveway and do 8 jumping jacks, keep walking to the near stop sign then say your name out loud (be creative).
- Host a movie night
- Music (listen, play, create)



4. VIDEO GAMES

- Studies indicate that between 70-90% of US children play video games
- Children can stay connected with friends
- Children can make new friends
- Children receive socio-emotional (“Thanks for helping me”) and task-oriented messages (“You can do it, keep practicing”)
- Can help children develop/keep social skills
- Can be a safe space for children to talk about issues



5. VIDEO CONFERENCE



- Facetime, Zoom, Amazon Chime, Google Classroom are all popular video conferencing modalities utilized today
- Video conferencing allows children to stay connected to family, friends, teammates, coaches, therapists
- Video conferencing allows for anytime access with multiple people
- Children and adolescents can have access to a complete musical lesson, physical workout and learning new skills such as art, cooking...



VIDEO CONFERENCE FOR LITTLE ONES

- Grandparents and family members can read stories to kids on video
- Hide and Seek! A great way for little kids to interact with friends virtually (allow kids to take turns hiding and have parents move the camera around to allow friends to "find" them)
- Show and Tell – While older kids can sit and talk with friends, little ones need action. When they can't have playdates and share toys with each other, they can enjoy showing and talking to each other about what they've been playing with

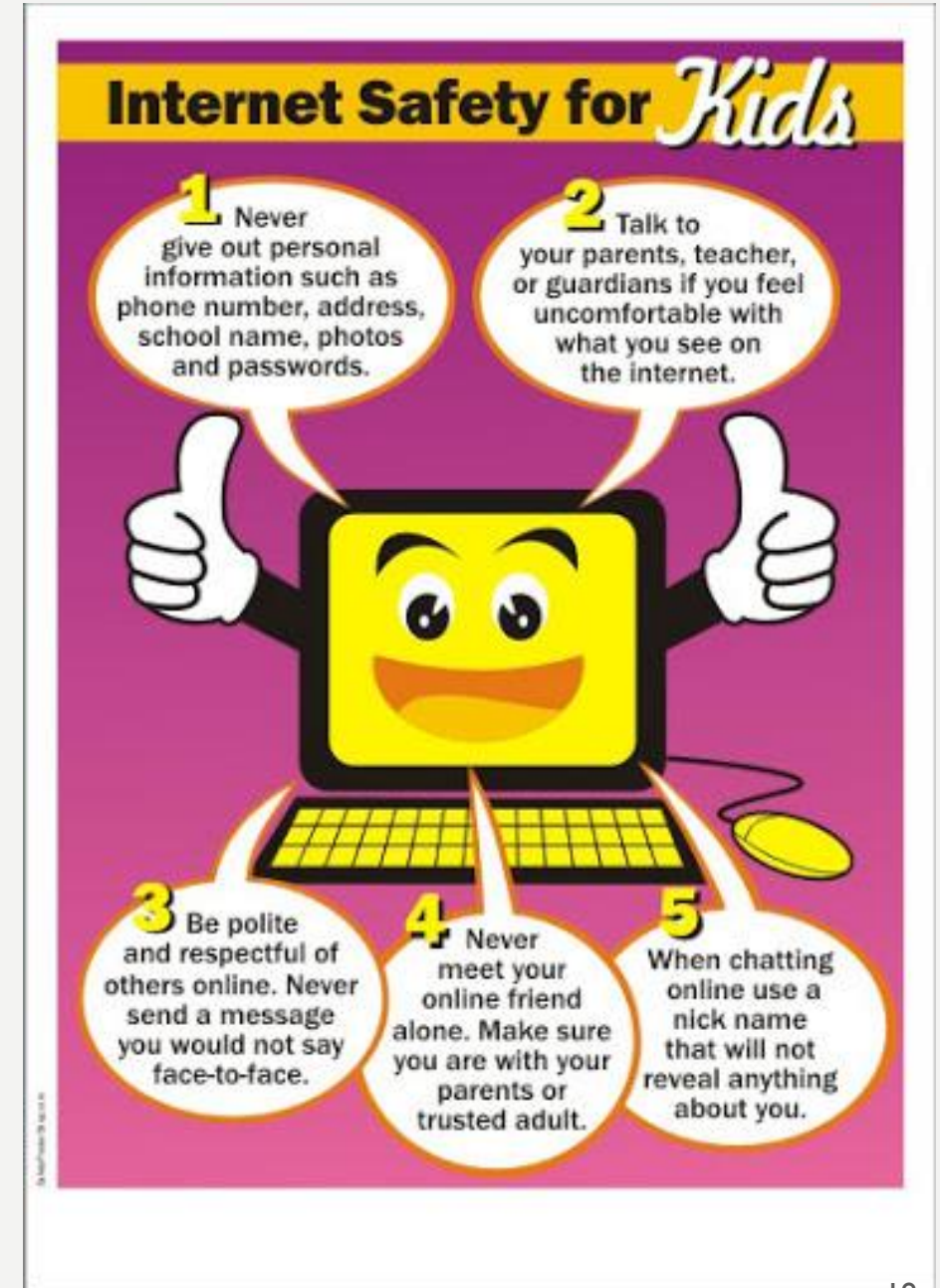




LET'S TALK ABOUT ONLINE SAFETY

WHAT'S THE RISK?

- There is always risk
- The question remains, how can I keep my child safe?
 - Monitor their internet use
 - Talk to your children about being safe online
 - Amount of personal information to disclose
 - Who to speak with
 - Adhering to age restrictions
 - Have conversations with your children about who they communicate with
 - Take interest in what your child is doing online
 - Set boundaries on internet, text, and social media use
 - Find a balance



THINGS TO KEEP IN MIND

Understand you child's need

Know how EF work

Communicate clearly and create clear boundaries

Build a healthy relationship

Children and teens communicate with each other through a number of platforms

Taking away access to these platforms can limit social interaction

Video games do have benefits (when there is a balance)

You are in charge!

QUESTIONS & ANSWERS

Thanks for your participation!

Contact Information:

Dulce Torres, LPC-S, ACC, BCC

Avant-Garde Counseling &
Coaching Center

dtorres@avantgardecenter.com

817-707-6264

