

COPING WITH COVID



ASK ME ABOUT YOUR TODDLER OR PRESCHOOLER

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Your child's potential is limitless.
Their success begins with you.

Your parenting counts!

COPING WITH COVID



Our emotions drive our behaviors
and emotions are running higher...
so are behaviors

CHAT BOX



Think of one behavior your
child does that really gets
to you.

Please share in the chat box

RESPONDING TO BIG EMOTIONS



Step 1

Allow them to
feel

Step 2

Connect with
them

Step 3

Offer coping
strategies

Step 4

Problem
Solve

ALLOW THEM TO FEEL



- Hold space for their emotions
- Move their body if they're not being safe
- Hold hands if they're hitting
- Don't rush to make emotions stop

CONNECT WITH EMPATHY



- Avoid using logic
- Validate their feelings and offer empathy
- Connection before correction

OFFER COPING STRATEGIES



- Coping strategies help your child process their emotions, leave their reactive brains and get back into their rational, thinking brains.
- Offer two coping strategies – one should include physical touch (hug/ hold/ snuggle)
- If they aren't accepting coping strategies offered, they are not ready for this step, go back to step 1

COPING STRATEGIES



- Drawing/ coloring/ painting
- Movement/ exercise
- Breathing
- Reading
- Playing music
- Journaling/ gratitude practice
- Hugging
- Looking at the sky/ nature
- Playing with favorite toy

CHAT BOX



Think back to the behavior your child does that really gets to you.

Identify a coping strategy that may be helpful in getting them calm.

Please share in the chat box

COPING TOOLS FOR PARENTS



**A DYSREGULATED ADULT
CANNOT REGULATE
A DYSREGULATED CHILD**

PROBLEM SOLVING



PROBLEM SOLVING STEPS



1. What is my problem?



2. Think, think, think
of some solutions



3. What would happen if...?
Would it be safe? Would it be fair?
How would everyone feel?



4. Give it a try!

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BEHAVIOR IS COMMUNICATION



We often interpret undesirable behavior as disobedience or manipulation.

What if we chose to interpret misbehavior as communication of a need?

COMMUNITY QUESTIONS



My preschooler hates his virtual classes but misses his school friends so much!

How can I best support him through this?

COMMUNITY QUESTIONS



How to explain Covid to an almost 3 year old?

Originally, we said that school was on “spring break” but never fully discussed what was really going on.

She has seen people wearing masks on our walks, and the park taped off, and knows that we can't go to the stores/ but I don't want to scare her by telling her too much.

COMMUNITY QUESTIONS



What are some helpful tips to balance discipline and understanding?

This is hard on all of us. Our patience is running low with our 5-year-old who has started back-talking and is obviously frustrated with the current limitations.

COMMUNITY QUESTIONS



Is all this screen time doing long-term damage to my toddler's brain?

A FINAL THOUGHT



UNCONDITIONAL LOVE

At the end of the day your little ones need to know they are loved regardless of their behavior.

They need to feel safe, feel seen, feel soothed and feel secure.

THANK YOU!



- CONTACT ME -

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PARENTING WAS NEVER MEANT TO BE DONE ALONE!