



# Ask the Experts Webinar Series

## Strategies for Engaging and Supporting Parents During the Pandemic

# “Ask the Experts” Webinar Series

- Series of recorded webinars to be posted on the NASP website
- Webinars are designed to offer support to school psychologists, interns, and practicum students as they navigate the delivery of school psychological services during the COVID-19 pandemic
- Each webinar will be followed by the opening of a discussion thread on the NASP member exchange community
- Each webinar will:
  - Address critical questions emerging as a result of the need to provide virtual telehealth school psychological services
  - Provide advice and guidance from experts
  - Offer suggested strategies and resources for addressing professional practice issues

# Expert Panel

- Shawna Rader Kelly, School Psychologist, Bozeman Public Schools, MT
- Libby Kuffner Nealis, MSSW, Policy Consultant and Parent
- Chandrai Jackson Saunders, School Psychologist, Washington, DC Public Schools
- Helen Westmoreland, Director of Family Engagement, National Parent Teacher Association (PTA)



# Critical Question 1

- What are you hearing from parents about their struggles adjusting to the school closures?

## Critical Question 2

- As a parent with a child with a disability, what do you think parents like yourself are most concerned about or struggling with?

## Critical Question 3

- How can school psychologists adapt their services to meet the needs of children and families?

# Critical Question 4

- What are some ways that school psychologists can support parents responding to the mental health needs of their kids?

## Critical Question 5

- We have heard that collaboration and open communication between schools, families, and communities is critical at this time. What are some good examples you've heard of schools, communities, and PTAs working together? How can SPs support these efforts?



## Critical Question 6

- As school psychologists, what do you think are the most important roles that you play in supporting parents during the pandemic?

# Critical Question 7

- As a parent, what do you see as the most important roles that a school psychologist can play in supporting parents during the pandemic?

# Key Messages

- Stay student focused....What you do to help parents, helps kids!
- School psychologists need to reach out to parents to discuss student needs.
- Be a resource and connect parents to resources, services, and supports.
- Listen and communicate.
- Promote a life balance for parents and students: school/work time, family time, care for self, and virtual social time with others.
- Encourage parents! They are doing the best they can in unprecedented circumstances.
- Be a consultant.
- Advocate for kids and their families!
- Lead, Serve and Inspire!

# NASP COVID-19 Resources

- NASP COVID-19 Resource Center  
<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/covid-19-resource-center>
- Countering COVID-19 Stigma and Racism: Tips for Parents and Caregivers  
<https://www.nasponline.org/x55066.xml>
- Talking with Children about COVID-19: A Parent Resource  
<https://www.nasponline.org/x55033.xml>

# NASP General Resources

- Anxiety: Helping Handout for School and Home  
<https://www.nasponline.org/x55101.xml>
- Care for Caregivers: Tips for Families and Educators  
<https://www.nasponline.org/x55067.xml>
- Depression: Helping Handout for Home  
<https://www.nasponline.org/x55105.xml>
- Engagement and Motivation: Helping Handout for Home  
<https://www.nasponline.org/x55100.xml>
- Grief: Helping Handout for Home  
<https://www.nasponline.org/x55106.xml>
- Sleep Problems: Helping Handouts for Home  
<https://www.nasponline.org/x55108.xml>
- Using Praise and Rewards Wisely—Helping Handout for School and Home  
<https://www.nasponline.org/x55109.xml>

# External Resources

- National Parent Teacher Association (PTA) COVID-19 Resources  
<https://www.pta.org/home/family-resources/coronavirus-information>
- Action for Healthy Kids Resources for Families during COVID-19:  
<https://www.actionforhealthykids.org/resources-for-schools-and-families-during-covid-19-coronavirus/>
- CDC Manage Anxiety & Stress:  
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- CDC K – 12 Schools and Childcare programs FAQs for Administrators, Teachers, Parents:  
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools-faq.html>
- Child Mind Institute Supporting Families website:  
<https://childmind.org/coping-during-covid-19-resources-for-parents/#resources>
- NCLD A Parents Guide to Virtual Learning  
<https://www.ncl.org/wp-content/uploads/2020/03/A-Parents-Guide-to-Virtual-Learning-4-Actions-To-Improve-your-Childs-Experience-with-Online-Learning.pdf>
- NCTSN Parent/Caregiver guide to helping families cope with COVID-19:  
[https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)
- SAMHSA Coping with stress during infectious disease outbreak:  
<https://store.samhsa.gov/system/files/sma14-4885.pdf>



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