



## PARENT & FAMILY RESOURCES– Distance Learning

*Instant*

### ▶ **COFFEE TALK**

Coffee Talks are trainings provided by the MH&BSS Department for staff, students, and families addressing behavior and mental health issues. Check out our pre-recorded content now! More LIVE webinars coming soon!

#### *Returning to School*

- [Creating a Work Space](#)
- [Setting Limits and Effective Instructions](#)
- [How to Motivate Learning](#)
- [Strategies for Managing Challenging Behavior](#)
- [Setting Up Schedules](#)

#### ▶ Monthly Mindfulness Practices

A monthly video series sharing mindfulness strategies for students, families, and staff.

#### **August 2020: Mindful Return to School**

English: <https://youtu.be/-tFvV121NjA>

Spanish: <https://youtu.be/m9oho5etO0Q>



### **SUSD POSITIVE BEHAVIOR Interventions & Supports**

▶ **RELAUNCH!**

[www.stocktonusd.net/PBIS](http://www.stocktonusd.net/PBIS)

#### ▶ **Positive Behavior Interventions & Supports:**

Learn how to set up Positive Behavior Interventions and Supports in the home. PBIS is a district wide initiative that builds children's social-emotional-behavioral skills and reduces challenging behaviors. Included here are recommendations for families to support social and emotional growth and minimize behavioral disruptions.

<https://bit.ly/3gEKgyu>

#### ▶ **PBIS @ Home:** What is PBIS? How does it work at school? How can it help me at home? Check out how positive behavior interventions at school can be used at home to help encourage positive social emotional development and behaviors we want to see.

<https://www.stocktonusd.net/Page/14402>

## **WE ARE TRAUMA INFORMED!**

<http://www.stocktonusd.net/trauma-informed>

### Quick Tips for Trauma Informed Responses



#### ▶ **Trauma Informed Education Foundations:** How does our physiology impact how you stress and anxiety? Developing a common language with each other regarding trauma and how trauma impacts motivation and how we can work to increase resiliency in our community. Please check out our video series.

Part 1: <https://youtu.be/xgEixG6a6l8>

Part 2: <https://youtu.be/8T9z9ORwQi4>

Part 3: <https://youtu.be/YmqaiSWBfZs>

#### ▶ **Trauma Impacts Everyone:** Checkout our resources page to learn more about how adults can support children, to help lessen the effects of trauma, and supporting our students who have feelings of grief and loss. [Trauma, Grief & Loss Resources for Parents](#)



Time to take a break?

- Watch live animal cams
- Learn to draw
- Go on a virtual kayak ride
- Watch calming videos
- Get in some exercise
- Practice breathing techniques
- Mindfulness Techniques
- and more!

<https://www.stocktonusd.net/calm>