Mindfulness to Mindfulness

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Disclosures

The presenters have no disclosures to report.

Sensory alert: There may be some sudden sounds used within this presentation.
What has changed in our lives as caregivers during COVID?

- Kids
- Work
- School
- Eating Habits
- Socializing
- Multitasking
- Household Maintenance
- Communicating
- Eating Habits
- Personal Space/Privacy
- Leisure
- Priorities
- Self Care / Health Care
And then there’s…

- Changes in Routines
- Communication with the School
- Different Home Scenarios
- Communication with Doctors
- Social Isolation
- Daily Life Skills
- Environmental Changes
- Loss of Services
- Virtual Interactions
- Uncertainty
- Changes in Routines
- Communication with Doctors
- Challenging Behaviors
- Loss of Services
- Restrictions
- Face Masks
- Uncertainty
- Restrictions
- Face Masks

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...and so I'll read a book, or maybe two or three I'll add a few new paintings to my gallery.

I'll play guitar and knit and cook and basically Just wonder when will my life begin?

Then, after lunch, it's puzzles and darts and baking Papier-mâché, a bit of ballet and chess, Pottery and ventriloquy, candle making. Then I'll stretch, maybe sketch, take a climb, sew a dress.

And I'll reread the books. If I have time to spare, I'll paint the walls some more, I'm sure there's room somewhere...
We tend to put our own needs on the back burner.
...It's OK and important to take care of yourself!

We need to prioritize self-care. Then, we can better care for others.
The Zones of Regulation™

Blue  Green  Yellow  Red

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Your child is wondering why she can’t go to school with her friends.

Your days seem overwhelming and no one seems to understand.
An appointment opened up with my child’s favorite doctor.

We are dancing together in the living room with our children.

We got a delivery from Target, dumped water on each other in the yard, picked up pizza, curbside... without any issues!
Today’s “B” day, not “A” day at school.

Got a call from the school nurse.

We have been waiting a long time to get a doctor appointment.

Insurance is asking for the details of my telehealth appointment.
Red

Daughter was just diagnosed with an ear infection, but now has severe sensory aversions. I had to hold her down and slowly and carefully give her tiny bits of medicine little by little over an hour long period, twice per day, so that she wouldn’t gag or throw up.

3 kids at 11pm...

Child #1: Teen wants to go out with friends to a big party

Child #2: Having a bad night with his anxiety

Child #3: Opened his bedroom door to find a “Code Brown” with poop smeared all over him, the bed, and the walls
Zones of Regulation®

Visual color symbols to represent the different ways we feel and our levels of alertness

What zone are you in? How can you get to green?

**The Blue Zone**
- Low state of alertness
- Tired, sad, and/or bored
- Engage in physical activity
- Talk to others
- Listen to favorite/calming music
- Drink cold water

**The Green Zone**
- Calm, happy, content
- Ready to be involved
- Read a book, listen to music
- Engage in productive and positive activities and interactions
- Use affirmative self-talk

**The Yellow Zone**
- Elevated emotions, but in control
- Stressed, frustrated, excited, nervous
- Relaxation movements/exercises, stretching, aerobic activity
- Talk to someone
- Carry something heavy
- Find somewhere to get cool

**The Red Zone**
- Extreme emotions, out of control
- Anger, rage, terror, explosive behavior, devastation
- Take a break; Find somewhere to get cool
- Think safety; remove yourself from situation if possible
- Take deep breaths and practice relaxation strategies

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- Refocus energy to help handle stresses
- Find what nurtures you

Resource

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We have good days and bad days.

YES, it’s OK to ask for help!
Helpful Tips

...that you can actually do!
Manage Your Day

1. Repeat a mantra.
2. Use phone reminders, calendar, and alarms.
3. Accept when “the plan” doesn’t go as planned.
4. Reassure yourself often.
5. Find the humor when things aren’t going so well.

Yes, really!
I can handle this moment.
I can handle this moment.
This can still be fun.
I’m still a good parent.
Learn about your child’s disability and individual special health needs.

Seek out friends and groups who are empowering and uplifting.

Create a winning team.

Play with your child the way your child likes to play.

Adjust your expectations. Different is not worse. Think about the things you can give up.

Rah! Rah! Rah!
We did this and that and this and that and this and that. IT WORKED FOR US.

I tried this new thing. It ALWAYS works

I refinanced my house to get it. I know it will work.
How to Evaluate a Website: Tips for Finding Quality Information

When venturing out on the world wide web, it’s important to evaluate what you find in light of Timeliness, Reliability, Authority, and Purpose. You want to T.R.A.P only quality, accurate, and useful information. Sometimes it’s difficult to find all the pieces you need to evaluate web sites and cite them appropriately. The following checklist will help you make the most of your Internet search efforts.

**Timeliness**

- When?
  - Look for the date last updated (usually found at the bottom of the page).
  - Is only the home page updated or subsequent pages reviewed as well?
  - Do links work or are they a lot of dead ones?
  - Look at “upcoming events”, “news” and other date-sensitive sections to see how current the postings are.

**Reliability**

- How?
  - Look for indicators of credible and accurate information.
  - Look for “links”, “additional sites”, “related links”.
  - Explore little footnotes numbers or links that refer to documentation as well as the bibliography—where do these lead you and what sources are cited?
  - Look for copyright statements (usually at the bottom of the page) and/or permission to reprint.
  - Are there spelling and/or typographical errors?

**Authority**

- Who?
  - Look at the URL.
  - Who published the site? (usually named in the first portion of the URL – ex: www.netc.edu)
  - Can you email or call the author or organization? Are credentials given and is the author qualified?
  - Is there a personal page? Do you see a personal name following the “,” %, or the words ‘user’, ‘members’, or ‘people’?
  - Is someone’s personal page? Do you see a personal name following a “,” %, or the words ‘user’, ‘members’, or ‘people’?
  - What is the domain name and is it appropriate for the information? (e.g. .edu, .gov, .com, .org)
  - Scan the webpage (top, bottom, and side) for information such as author, organization, and title.
  - Look for “About Us”, “Philosophy”, “Background”, “Biology”
  - Truncate the URL by deleting all the way to the first slash mark. (It usually brings you back to the home page where you may find this info)
  - Use the site shown in the browser title bar in your bibliography; however, if the title shown in the title bar does not really describe the page content, use the title shown on the page itself.
  - Is the website a mask for advertising?

**Purpose**

- Why? What?
  - Is the information intended for a particular audience based on expertise (scholarly or general interest), age, group affiliation, or some other criteria (such as potential sales customer)?
  - Is the information on topic and does it suit your needs? Does it add anything to what you already have?
  - Is the information freely accessible, or do you have to pay for what you need?
  - Can you view and print the information with ease (no additional software required)? Is the site relatively free of advertisement, pop-ups, and useless animation?

Stay Connected

Plan ‘outings’ with your child’s needs in mind.

In your house...
Have date night... in.
Hug your kids.
Play with your pet.

If phone calls with friends are difficult, try to text, email or use social media.

Hop on a video chat with some friends.

Stay involved with supportive people; those who can help as needed...
in your PJs
Stay Organized

- Try to make a menu for the week before shopping.
- Keep a “supply” kit with things that your child likes and needs (one in the car, too)
- It really helps to keep your calendar current.
- Plan to minimize your ‘to do’ list each day.
- Set realistic expectations for yourself.

You don’t want to see my supply kit!
To do list:

1. everything
2. 
3. 
Today, I want to accomplish...

- There’s only so much we can handle (to stay in the green)
- Reprioritizes and manages our time
Today is a new day. I will be flexible and set realistic expectations for myself. I will work at a pace that is sustainable for me. And I will celebrate my wins along the way, no matter how small. #fleurdelispeaks
Some tasks take longer or are harder to do than others. You might want to make a check-off list of so many of the things you have completed throughout the day.

Other things that help dopamine levels:

- exercise
- meditation
- a massage
- sleep
- favorite music
Relieve Stress

- Take a shower. Wear things that make you feel good.
- Enjoy a morning ritual (5 minutes for you!)
- Exercise ANY way you can.
- Find some comic relief.
- Create a night time ritual to help yourself wind down.

Belly laughing is optimal.

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ABSURDITY Workout
“Hi Alexis. Play my favorite music.”
Mindfulness?
I don’t have any time for that!

Is our mind full or are we being mindful?
Anxiety comes from thinking about the future and thinking about the past.

Jessica Krill
Children’s Specialized Hospital
Mindfulness is about being aware of NOW...

*Whatever* is happening right now.

You are here.
First things first.

- Set up some daily routines to help your child build skills to be more independent
- Prioritize immediate anxiety, health, and safety issues
- Work on skills which incorporate flexibility and cooperation
- Search for options to support child care and at-home learning
- Partner with local supports and organizations to help advocate for your child/adolescent’s educational needs based on the current situation
Ideas for Self Care

- Develop a menu or “to do” list, of personal/family self care activities. Different family members may have different lists. (e.g., reading, walks, crafting, time with friends and family.)

- Have a “buddy” - someone you feel comfortable with. Make a commitment to check in with each other regularly.

- Write down three things you’re grateful for each day. Try to find time to share your lists with others in the family at the beginning or the end of the day. Keep these thoughts in a notebook and look back on what you have written to learn new ways to help you cope.

- Talk with others you trust about your feelings and experiences.

- Take breaks from the media and social media about COVID-19.

- Use practices such as mindfulness, meditate, repeat a mantra, use affirmation tools, prayer.

- Ask for help. If you are feeling upset, let someone know.
Helping yourself. Helping your family.

- Manage anger and anxiety
- Simple routines
- Prioritize health and hygiene
- Engage in your favorite things
- Focus on the positive
- Write down how you feel
- Help others when you can
- Distract yourself with fun – PLAY!
- Try to reduce time on social media
- Ask for and accept support
- Indoor voice
- Sharing
- Inviting “Let’s do…”
- Wait for a turn

- Finish what we start
- Thank you.
- Compliment “Good job!”
- Asking “May I…”

- Doing what I can to help myself
- Taking turns
- Hands on own materials only
- Compromise “OK. Let’s try your way”

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I’ll live one day at a time and make the most of it.

I’ll make the choice to worry less.

I’ll believe in myself.
Lazy River Mindful Exercise
Enchanted Fall Forest

www.greenchildmagazine.com/guided-relaxation-enchanted-fall-forest/
Helpful Resources
Many of the resources from today’s webinar can be found at

www.childrens-specialized.org/webinars
Provides encouraging words, helpful tips for stress reduction, and a creative escape for caregivers to calm and refocus.
# Positive Books about Kids with Special Needs

<table>
<thead>
<tr>
<th>Book Title</th>
<th>Author(s)</th>
<th>ISBN</th>
<th>Topic</th>
<th>Book Highlights</th>
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<tbody>
<tr>
<td>Abby’s Asthma and the Big Race</td>
<td>Theresa Golding</td>
<td>978-0807504659</td>
<td>Asthma</td>
<td>Abby has asthma, but that doesn’t stop her from wanting to run in the big race. With her doctor’s approval and recommendations, she prepares for the big day. When that day arrives, Abby is ready. 4-8 years</td>
</tr>
<tr>
<td>Ada Twist, Scientist</td>
<td>Andrea Beaty</td>
<td>978-1419721373</td>
<td>General</td>
<td>Inspired by real-life makers Ada Lovelace and Marie Curie, this beloved #1 bestseller champions STEM, girl power and women scientists in a rollicking celebration of curiosity, the power perseverance, and the importance of asking “Why?” 5-7 years</td>
</tr>
<tr>
<td>A is for Autism. F is for Friend</td>
<td>Joanna L. Keating-Velasco</td>
<td>978-1931282487</td>
<td>Autism</td>
<td>Provides a unique glimpse of life from the perspective of a child who has severe autism. Chelsea helps readers see that she’s not so different after all and creates opportunities for other kids with autism. 8 – 12 years</td>
</tr>
<tr>
<td>All My Stripes</td>
<td>Shana Rudolph, Danielle Royer</td>
<td>978-1433819179</td>
<td>Autism</td>
<td>This is the story of Zane, a zebra with autism, who worries that his differences make him stand out from his peers. With careful guidance from his mother, Zane learns that autism is only one of many qualities that make him special. 5 – 8 years</td>
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# Resource

## My Favorite Things

*My Personal Workbook of Welcoming and Respectful Resources*

Name: __________________________

### Legal Services

<table>
<thead>
<tr>
<th>Service</th>
<th>Information</th>
<th>Details</th>
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<td>Babysitters</td>
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<td>Caregivers</td>
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<tr>
<td>Other Respite Providers</td>
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| Location | | |
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| Contact Information | | |

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10 FREE Gifts Parents of Kids with Special Needs Should Give Themselves

Caregiving is a round-the-clock job with few breaks. Caregivers have a tendency to put most of their energy into another person’s well-being, while their own needs take second place...or third or fourth. But there are many gifts that caregivers can give to themselves to help sustain that energy. Fortunately, the most meaningful gifts usually don’t cost a dime.
General telehealth resources

- www.Pathway2Success.com ("101 Positive Affirmations for Kids")
- www.13 Free Printable Mindfulness Coloring Pages. com
- www.diaryofajournalplanner.com/free mindfulness resources

Indoor activities for kids

- https://morningchores.com/diy-indoor-activities/

Virtual tours

- https://www.usatoday.com/story/tech/2020/03/16/social-distancing-free-virtual-tours/5060244002/

For older children and teens

- www.aweekataglance.com

For younger children

- https://www.youtube.com/watch?v=n66r5Y6wguc
- https://www.youtube.com/watch?v=yu0YEii4FkQ
- https://www.youtube.com/watch?v=X655B4ISakg
- https://www.youtube.com/watch?v=Bqoaqmr2jFE
- https://www.youtube.com/channel/UCtaesGSajDexMRh74H0c38w
- https://www.youtube.com/watch?v=m_E0AK2nkAY
100 things to do while stuck inside due to a pandemic

25 Fun Mindfulness Activities for Children and Teens

- Mindful Posing
- Spidey-Senses
- The Mindful Jar
- Safari
- 15 Tips for Teaching Mindfulness to Kids and Teenagers
- 7 Tips To Help Children Practice Mindfulness Successfully

https://positivepsychology.com/mindfulness-for-children-kids-activities/
Through a partnership with Kohl’s Cares, Children’s Specialized Hospital is improving access to care for children with special health care needs.

Adrienne Robertiello, Special Health Care Educator
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Children's Specialized Hospital is the nation's leading provider of inpatient and outpatient care for children from birth to 21 years of age facing special health challenges – from chronic illnesses and complex physical disabilities like brain and spinal cord injuries, to developmental and behavioral issues like autism and mental health.

At 13 different New Jersey locations, our pediatric specialists partner with families to make our many innovative therapies and medical treatments more personalized and effective so each child can reach their full potential.

www.childrens-specialized.org