





Panelist



Gina Hernandez, Senior Vice President, Prevent Child Abuse New Jersey & Child Wellness Institute of New Jersey



Child Abuse and Neglect Prevention: Staying Connected through COVID 19





All about connections! Central Intake Success

- ASQ screening: online, at home
 - Families being linked to Early Intervention
- Quarterly community advisory board meeting zoom platform had more than 45 participants, including 7 parents;
 - parents talked about feelings and concerns
 - a local medical doctor presented on coronavirus and did Q&A
 - timely resources were shared during and after the call
 - local programs shared updates on their operations while working remotely.





Home Visiting Success! Healthy Families home visitors continue to connect...



"If I did not have a home visitor to connect with me and support me, I would feel so lost right now....thank you Healthy Families!"-parent







Home Visiting: Healthy Families and Parents as Teachers home visitors connecting...

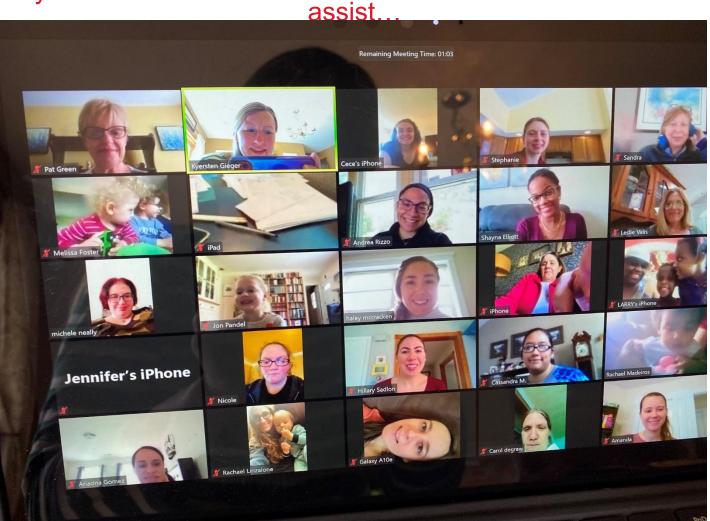
Union
Parents as
Teachers
Home
Visitors
delivering
food and
diapers...







Home Visiting:
Healthy Families and Parents as Teachers home visitors continue to assist...





Sussex County home visitors and families and children holding a VIRTUAL MOMMY PARTY on April 14th!

Prevent Child Abuse

New Jersey[™]

Home Visiting: Healthy Families and Parents as Teachers home visitors continue to assist...











New Jersey[™]



Cape May County Parents as Teachers home visitors and families and children holding a VIRTUAL Family Mask Making Activity Prevent Child Abuse

Home Visiting: Healthy Families and Parents as Teachers home visitors continue to assist...







Cape May County Healthy Families home visitors & children!



Home Visiting: From the voices of Healthy Families and Parents as Teachers families....

I'm very grateful to the program, because despite the difficult situation we're all going through, they have found a way to continue helping us and giving us the support, we need. For example, my baby was born a few days ago, and despite the quarantine they found a way to send me a car seat and a crib, so that my baby is safe. - parent of a newborn



As I was dropping food off to one of my less fortunate families I was greeted by the husband as he was working outside in the yard, the father thanked me many times and stated I was one of the reasons for them to get through this because of the food and calls to check in on them. He and his wife really appreciate everything our agency does.- Nancy, home visitor



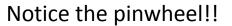


Parent Linking Program connections!













NJ Diaper Network: 9,000 diapers so far...

Plus PURPLE onesies to prevent SBS/AHT

New Jersey Diaper Network





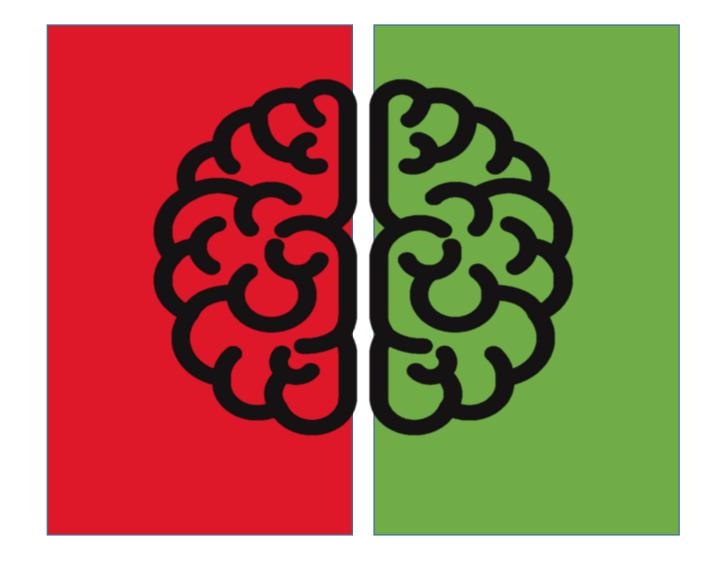




FIRST THINGS FIRST:

TIPS FOR PARENTS... and all of us!

RED BRAIN GREEN BRAIN







Connect with YOU

Connect with yourself—confronted with the constant barrage of information, uncertainty, and day-to-day realities of caring for children, family, and loved ones, it is critical to find ways to connect with yourself.

- •Turn off the media for a bit
 - ·Journal or read
 - •Exercise
 - ·Take a bath
- Smell something pleasant to you! (candle, oils, baking, cooking)
 Look at photos that bring you calm, joy



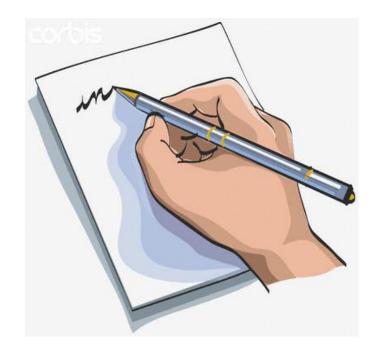






Ways to Stay Connected With Family

- Call/Skype/FaceTime/Zoom with family members
- ·Look at photo albums and discuss family heritage
- Create a family tree
- •Write letters to/create cards for relatives







Ways to Stay Connected Friends

Connect with friends and neighbors—

- •Go outside and greet and talk to neighbors and passersby from a safe distance
- Host a virtual meal
- •Attend a virtual concert ("cloud clubbing"), church service, or exercise or yoga class
- •Play an online game together

Arrange a "parade" of cars/walking 6 feet away to

celebrate occasions







Questions to Help Check in

Some questions you can ask:

- How has the stress level been in your home?
- How have you been managing the stress?
- How have your children been responding to the stay at home order?
- What is something positive you have learned about yourself since this pandemic?
- How have you seen yourself be resilient/strong?
 Your children?

Some ways to respond:

- · Reflect and acknowledge what you hear
- Affirm the positive you hear







Resources

https://www.preventchildabusenj.org/wp-conte nt/uploads/2020/04/PCA-NJ-Prevention-During-Covid-19-Guide-for-Parents-and-Caregivers.pdf









Resources for Parents

https://childwellnessinstituteofnj.org/resources/





A Calm Brain...Calms a Brain

Children have a hard time managing their emotions. They are still learning how, and that's okay!

Help your child learn how to come back to "Green Brain" when they have gone into "Red Brain."

Red Brain

We go into Red Brain when we feel upset or angry. The learning part of the brain goes "off-line," making it hard to focus and think reasonably. We are in a reactive, survival mode (fight, flight, freeze).



Green Brain

When in Green Brain, we feel calm, safe, satisfied, and connected, making it easier to focus and think reasonably. We are in a thoughtful, responsive mode. Only a Green Brain can calm a Red Brain.

We as adults have developed the skills to manage our emotions, and now it is time to teach our children. Here are a few tricks to help your child learn how to come back to Green Brain.

Breathing Exercises



Square Breathing

Draw a square with your finger while drawing the left side, breathe in for four counts; while drawing the top side hold your breath for four counts; while drawing the right side breathe out for four counts; while drawing the bottom side hold your breath out for four counts.



Pretend Pizza

Hold palms out and face up next to each other just under the chin, as if holding an imaginary slice of steaming, hot pizza. Inhale slowly through the nose, breathing in the delicious scent of the pizza. Then breathe out through the mouth, as if cooling down the hot slice of pizza.



Balloon Breathing

Place your hands on your belly. Breathe in slowly through your nose as you feel your belly expanding out like a big balloon. Now open your mouth and slowly blow all of the air back out of your lungs, letting your belly sink down flat, as if deflating that imaginary balloon.

Remember to breathe in and out slowly from the belly. Perform each exercise at least three times.

Mindfulness Exercises



Palm Press

Place your palms together, with fingers closed and pointed up, and elbows out. Press your palms together as hard as you can and tighten those muscles. Hold the pose while your arms shake. Slowly relax and release after a minute or two.



Popsicle

Imagine you are your favorite Popsicle flavor. Stand up straight, legs together, hands straight down at your sides, and tighten all of your muscles as hard as you can. Then, "melt" each part of your body slowly, starting by relaxing the face, then the neck, then the shoulders, and moving down the body down to the toes. See how slowly you can "melt."



Tip-Toes While standing, slowly lift

yourself up on your toes. While on your toes, feel your calves tense up - try to tense them even more and hold for ten seconds. Slowly release the tension and bring yourself down onto flat feet. Repeat at least three times.

Speak in soothing tones when giving these directions to your children. Remember, we can only be calmed by someone who is already calm.

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Resources for Parents

Social Emotional Learning for Families



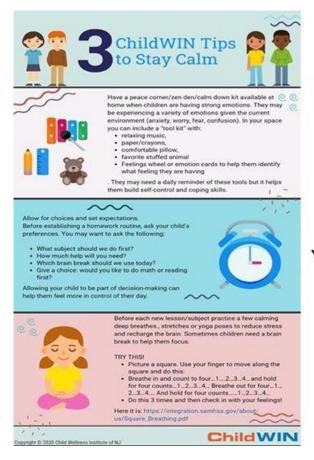
All behavior has meaning

All behavior has meaning. Usually a child's behavior is their way of communicating a feeling or need that they aren't able to express with words. Remember to ask yourself what the underlying feeling may actually be driving the behavior.





Resources for Parents



Wellness Wednesday Every Wednesday at 8:30 am

Join Our Very Own

ChildWIN's Gina Hernandez

For a free mindfulness and yoga session on Facebook Live!

https://www.facebook.com/ChildWINnj/

@ 8:30 AM

Your children ages 3-11 will learn about the brain, breathing and ways to stay calm for FREE!

ChildWIN is bringing our "in class demonstrations" right to your home!







Free: offered to parents and kids....

Brain lessons, yoga, wellness and contests...

On Facebook Live and then You Tube:

https://www.youtube.com/watch?v=J7kwEl33z2I



THANK YOU!

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