

March 23, 2020

Parents = the Difference

****News Flash — Number 2****

Take a deep breath, it's week 2. Give yourself a pat on the back for surviving week 1! I'm guessing you've learned a lot about your child(ren) in the past week. They aren't the babies you took care of once-upon-a-time. Their needs are different. They still need your attention, but now they have questions, thoughts and ideas. **THEY NEED TO BE HEARD!** They want to try things, push the limits and **MOVE CONTINUALLY**. As of this writing, it is still OK to go outside for a walk (if you maintain social distance). For everyone's sanity, take at least 2 walks a day. If the playground is empty, let your child play a bit. If you have a courtyard, go out and kick a ball. The more physical activity you can give your child, the happier everyone will be. Hang in . . .

Barbara Biermann, Early Childhood Social Worker (bbierma@schools.nyc.gov)

Parenting in Uncertain Times

Working from home, managing children's needs and home schooling all at the same time has likely felt overwhelming this past week. Every parent I have spoken to expresses they are scrambling to find a new 'normal'. Whatever challenges you are facing, know you are not alone. Why not pick up the phone and call another mom or dad?

There aren't any easy or obvious solutions. The goal is to respond to your children's needs, balance what you need to do to ensure financial stability while continuing to do all the things you would normally do if the kids weren't at home. This is not the time to be *Super Mom or Dad*. It is a time of compromise and compassion. Something will have to give.

Children are not little adults and they can't be expected to act as such. They require attention and structure. If you have more than one child, you may find they are fighting more. It is to be expected. Think about how they see this. They lost their daily structure, friends, forced to spend every moment with their siblings and more than likely confused about what is happening!

I suggest you start the morning by talking with your child(ren) about the plans for the day. You don't need to structure every waking moment. It's fine for your child to have free unstructured time, but they can't be expected to play nicely all day. Break it up with relational activities – things they can do with you. Look at the parent/child activity calendar for ideas, or better yet – make up your own activities!

The very best solutions to balance the chaos will come from you. May I suggest that after you put your little one(s) to bed tonight, sit down with the other adults in your home and strategize. For instance, it will be necessary to take shifts with the kids. If you are a single parent, call a friend or take out a pad of paper and bubble out your ideas. Your child is used to continual teacher guidance. Someone needs to oversee and supervise. You will probably have to make tough decisions, compromise, tap into your creativity and think outside of the box as you search for your new 'normal.'

Be aware of what the TV is saying in the background. We are all hungry for news, but young children do not have the brain ability to understand contagion (*Mommy! What's that?*), protective masks and death. In their mind what is happening in Italy might as well be happening down the street.

Finally, a word about taking care of yourself. Be honest about how you are feeling. Name your feelings. Talk about how you feel and are coping with a trusted adult. It is possible you may feel scattered and anxious or you may feel detached and just getting through the day. Both reactions are completely normal. Take time to take deep breaths, stretch and dance with your child. It's not about being calm. It's about connection.

I am happy to speak with you by phone if it would be helpful. If interested, send me your number and I will call you.
bbierma@schools.nyc.gov



Songs from the Classroom

Bring classroom sounds to your living room.

Don't forget to subscribe to Go Noodle. It's free! <https://www.gonoodle.com/>

Going on a Bear Hunt

<https://www.youtube.com/watch?v=Wzlcu6tbEko>

The Walking Song

https://www.youtube.com/watch?v=j24_xH5uvdA

We Are the Dinosaurs

<https://www.youtube.com/watch?v=vPrmY7labLA>

5 Little Ducks

<https://www.youtube.com/watch?v=pZw9veQ76fo>

Down by the Bay - Raffi

<https://www.youtube.com/watch?v=jAjhLexlrDc>

The Ants Go Marching

https://www.youtube.com/watch?v=2S_fbCGwOM

The Itsy Bitsy Spider

<https://www.youtube.com/watch?v=U9ey2k0Zis8>

INCY WINCY ARAÑA PEQUEÑITA

<https://www.youtube.com/watch?v=nmCYI1XqifM>

5 Little Speckled Frogs

<https://www.youtube.com/watch?v=VQTVrxj4l6o>

Old MacDonald

https://www.youtube.com/watch?v=ISL_ite9aZk

Apples and Bananas

<https://www.youtube.com/watch?v=r5WLXZspD1M>

Bingo

https://www.youtube.com/watch?v=9mmF8zOIh_g

Wheels on the Bus

<https://www.youtube.com/watch?v=zFHBfAmcbc>

Las Ruedas del Autobús

<https://www.youtube.com/watch?v=XdSme2fGpTc>

Clean Up Song

<https://www.youtube.com/watch?v=oY-H2WGThc8>

Today Is Monday

<https://www.youtube.com/watch?v=ryYF1vl--as>

Chicken Soup With Rice

<https://www.youtube.com/watch?v=woIpDIQBXUU>



ABC Songs

<https://www.youtube.com/watch?v=yseWMJS8IHw>

Hokey Pokey

<https://www.youtube.com/watch?v=0hQt0LWedrI>

Bunny Hop

https://www.youtube.com/watch?v=UgLL_q5FMCU

Heads, Shoulders, Knees and Toes

<https://www.youtube.com/watch?v=ZanHgPprl-0>

Open Shut Them

<https://www.youtube.com/watch?v=DzA1VQL1oME>

You Are My Sunshine-ASL

<https://www.youtube.com/watch?v=SRuYTCfj7a8>

If You're Happy and You Know It

<https://www.youtube.com/watch?v=71hqRT9U0wg>

She'll Be Coming Around the Mountain

<https://www.youtube.com/watch?v=fbX9srZvLM8>

Days of the Week

<https://www.youtube.com/watch?v=8GKmCQOy88Y>

Driving in My Car

https://www.youtube.com/watch?v=k-wjs8_pBts

I'm a Little Teapot

<https://www.youtube.com/watch?v=w1UcMPUfzYI>

Atooty-ta

<https://www.youtube.com/watch?v=dAXz913BPIM>

5 Little Pumpkins

<https://www.youtube.com/watch?v=cm1qvX1ygOo>

Chicken Dance

<https://www.youtube.com/watch?v=npp1z32idrc>

Baby Shark

<https://www.youtube.com/watch?v=FX20kcp7j5c>