



Parenting in a Pandemic: Easing Kids' Anxiety and Building Resilience During COVID-19

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During times of uncertainty, such as the current COVID-19 pandemic, it is easy to become lost in worry and stressed about what the day and future ahead will hold, both for children and adults. Paired with new scheduling demands and constant digital distraction, many families are experiencing a sense of disconnectedness and struggle with meeting the emotional needs of their children while also taking care of themselves. How can we be there for our children when our emotional tanks are running on empty, too? In this workshop, parents/caregivers will learn about the 4 S's, the building blocks of children's healthy development, that help children face life's challenges with increased confidence: Feeling Safe, Secure, Seen, and Soothed. Parents/caregivers will also learn specific strategies that bolster their child's (and their own!) experience of the 4 S's during the pandemic to ease anxiety, strengthen connection, and build resilience.

Rebecca O'Neill, MSW is a clinical social worker specializing in early intervention utilizing the DIR/FCO Floortime developmental framework for children with Autism Spectrum Disorders and related developmental delays and is a licensed PLAY Project Consultant. She also provides Autism Diagnostic Assessments, facilitates social skills therapy groups, and sees individual therapy clients and families utilizing an eclectic mix of strategies from attachment-based therapeutic interventions, Cognitive Behavioral Therapy (traditional and trauma-informed), Mindfulness training, The Nurtured Heart Approach, and Play Therapy. Rebecca provides professional training in disability inclusion practices, mindfulness, and autism engagement strategies to both school professionals and parents/caregivers and is a certified Zero to Three Trainer in The Growing Brain.

