

Parenting During A Pandemic

Teaching & Modeling Effective
Executive Function Skills

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With A Parent Panel

April 22, 2020



*Infinite know how
for school*

Newton's Isolation During the Bubonic Plague



Newton's Pandemic Checklist

Discover Calculus:

Connect new insights across vital areas of mathematics

Discover new physics:

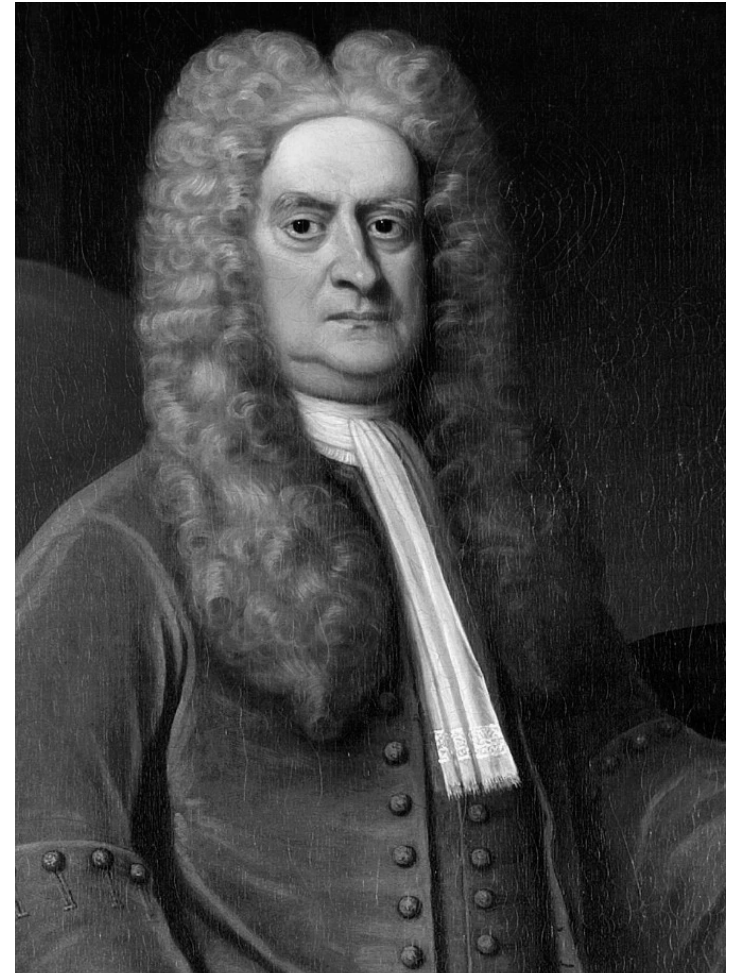
Analyze motion through space and time

Discover universal gravitation:

Conduct experiments to measure gravitational pull

Stick a needle in my eye:

Explore how light and lenses work



**How can our
kids make the
most of the
pandemic?**



American Families (Pre &) During COVID19



Parenting During a Pandemic

<< Featuring our Panel of Moms >>



Brandi



Gayathri



Beth

Teaching & Modeling
Executive Function Skills





**As an expert,
what
can I help you
with?**

**How can parents help
kids keep their own schedule
and hold them accountable?**



Create a schedule
including 'home recess'

Pack school lunch first
thing in the morning

Create & Post
"Parent Office-Hours"

Practice leaving kids
alone

My kid goes to a public school and in my experience, it lacks the essential structure.

How can we get better at digital learning structure and process so that he can succeed?



Help your kids make
weekly *written* schedule

Offer digital-literacy
tutoring to your kids (w/
weekly refinements)

On a *digital classroom*
walk, have your kids show
you how things work

**Somedays, my kid is fighting on-line
school. What can I do?**

First adjust & then share
your expectations

Collectively decide on
the *non-negotiables*

Give them space

Give yourself a break

Keep the family
relationship as a #1 Goal

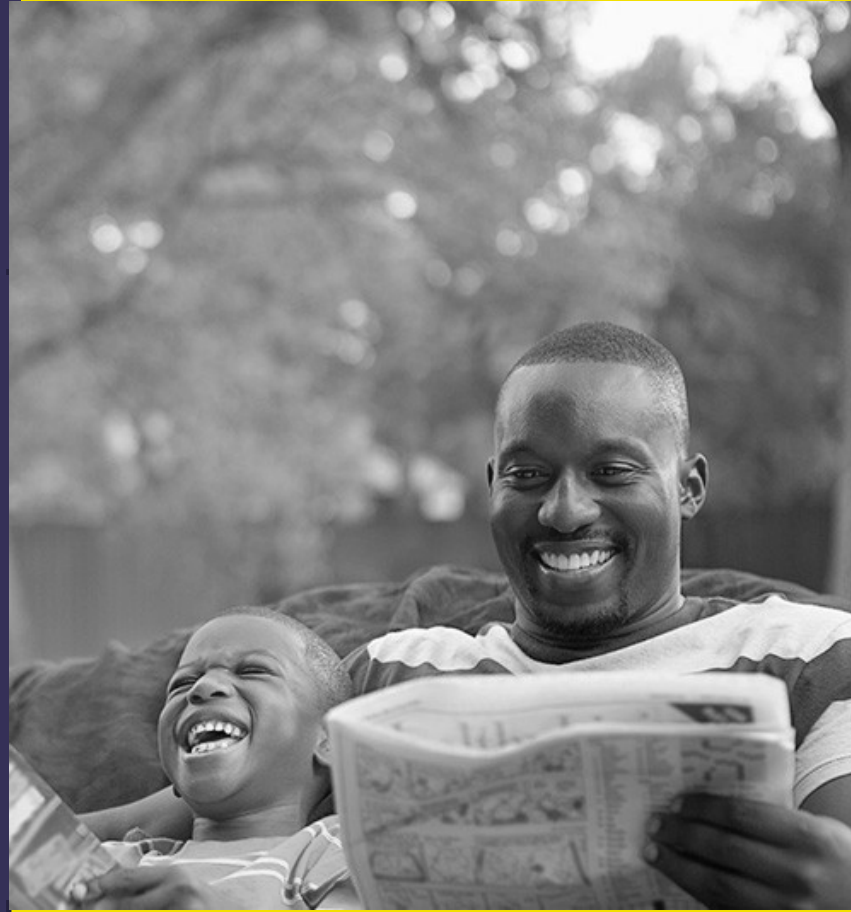


How can I handle kids of different ages and what activities can my 5-year old do by herself?

Create a menu based on activities your kids like to do

Build activity “centers” around the house

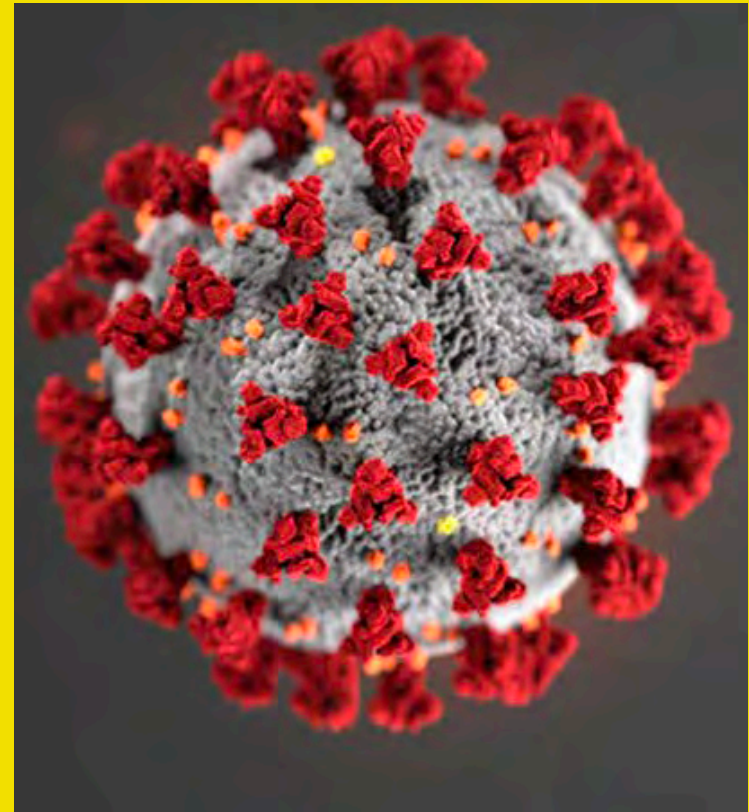
Kids use the Pomodoro technique (timer) to move from center to center



**My kids' brains are
in the summer-mode.
How can I promote or help
them gain some EF skills?**

What makes life stressful?

- **Positive Stress:** Normal & essential part of healthy development
- **Tolerable Stress:** Longer lasting difficulties
- **Toxic Stress:** Intense, frequent, on-going and/or long-lasting difficult events



By The National Scientific Council on the Developing Child

Write down the
“WHY” of school

Ask your kid(s) to create
a purpose statement

Ask school/resource
teachers for specific help

Work on small wins



My kid struggles with ADHD, feels as if he has no skin in the game, how can I engage his interest in schoolwork? What can I do?

Build and strengthen *No-Excuse™* daily routines

Make ADHD Ed as a home project

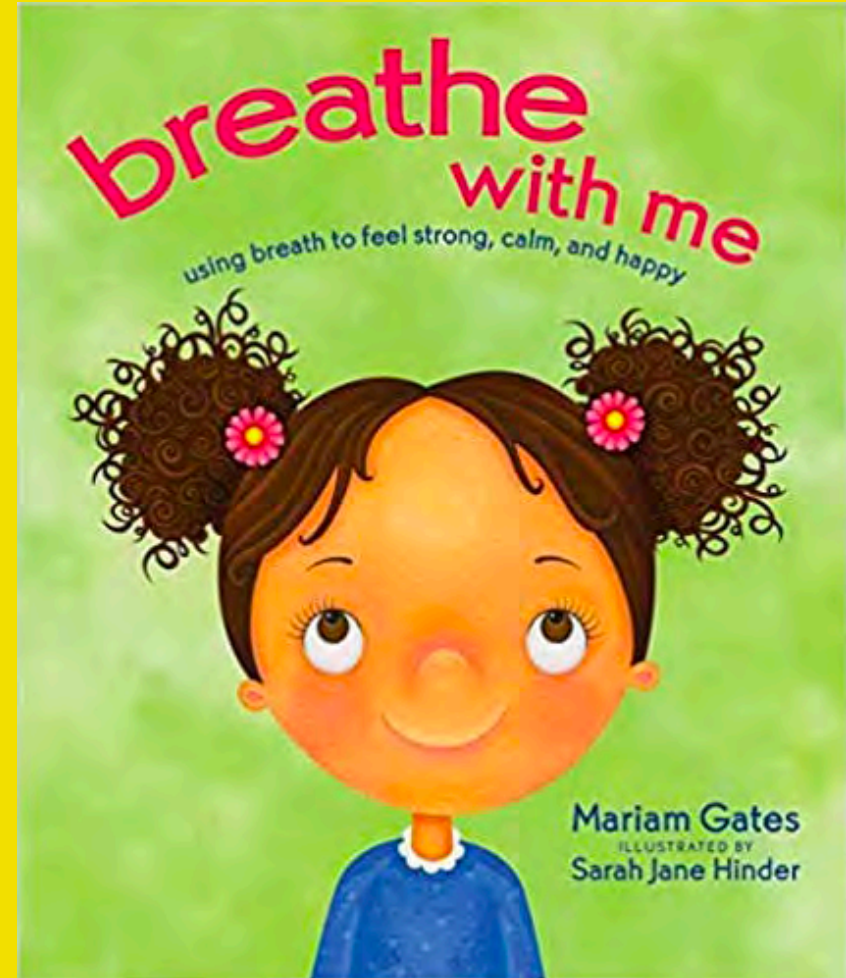
Model EF by engaging with kindness, patience, and empathy

Showcase daily self-reflection (vlog/Journaling)



**As a parent I get overwhelmed
and lose my cool sometimes. What
are some strategies for me to handle
my own emotions?**

Rainbow Breath
Dandelion Breath
Counting Breath
Gentle Belly Breath
Balloon Breath



Watch the Video of Mariam Gates reading to kids

https://www.youtube.com/watch?v=2PYHmihv3wY&feature=youtu.be&_ke=eyJrbF9lbWFpbCI6ICJicmFpbjEwMUBtYWMuY29tliwqImtsX2NvbXBhbnlfaWQiOiAiSk1EZ2Fxn0%3D

A lot of sources are recommending self-care for parents as a part of reducing everyone's stress. When I am most stressed, I sometimes forget what my self-care even looks like. Do you have any out of the box suggestions?

Create your own spa

Take frequent breaks
(walks, gardening)

Cultivating mindfulness
practices

Post sign “Will be back”

Prayers, chanting, and
spiritual reading



IN SUMMARY...



*Infinite know how
for school*



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for school

A black and white photograph of a family of three. A man and a woman are sitting on the floor, smiling and looking down at a book held by their young daughter. The man is on the left, the woman is on the right, and the child is in the center. They are all smiling and appear to be enjoying the time together. The background is slightly blurred, showing a tent-like structure and some toys.

**Don't try to become
your child's teacher**

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Pack "school-lunch" first thing in the morning





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Leave kids alone (it's not such a bad thing)



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Create & Post "Parent" Office-Hours





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Identify Free-time & Structure Free Choice



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**Let kids see you've
got work too**



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A black and white photograph of a woman with dark curly hair tied up, sitting at a table in a kitchen. She is looking at a laptop with a thoughtful expression, resting her chin on her hand. The background shows kitchen cabinets and a range hood.

**Prioritize self-care by
limiting your own
work-hours**



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**Remember calm is
contagious!**



Build and
Strengthen EF
Skills in a fun and
challenging ways
using Sucheta's
**ExQuest Board
Game**

(Download the attachment)





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Thank You!
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