



# CFGC NEWSLETTER

## Community Family Guidance Center

A nonprofit mental health agency serving children and families in Southeast Los Angeles

CFGC Mental Health Monthly - September 2020

### Supporting Your Child During Distance Learning

Distance learning is here, at least for now, and as a parent you can have a big impact on how your child feels and learns at home. Small positive changes build up to create a better experience and will help your child get the most out of distance learning. Below are some tips to help you support your child's emotional and learning needs at home.

#### Keep A Schedule

Keeping a daily routine can help your child feel less anxious. A schedule can help children feel more in control and less anxious as to what activity comes next. Children are used to schedules as schools have clear, designated times for each activity such as instruction time and break time. A schedule with wake up time, school learning, lunch/break, homework, family, dinner and bed time as part of a routine can really help your child be ready for each activity. Regular



family, meal and bed times as part of a routine help children regulate their emotions and behaviors and head off meltdowns. Having children and teens help create a daily and weekly routine/schedule helps them feel in control and takes into account their needs.

#### Dedicate A Space

Provide a space dedicated for learning and homework. Look for a space where your child feels comfortable and can focus on his/her academic material. Keeping your child away from distractions will help his/her attention

and concentration. Keep school materials within reach (academic books, paper, crayons, colored pencils, etc.). This practice can help decrease additional stress and time wasted looking for materials.

*"Keeping your child away from distractions will help his/her attention..."*

#### Help with Organization

Children are still learning the art of organization. Helping them with organizing their school materials, assignments, etc. can help decrease added stress and emotional/behavioral outbursts.

#### Provide Visuals

In the classroom, students have visuals of what they are learning, their schedule, what their homework is and encouraging phrases among many other visuals to help students remember. At home, you can create this environment too. You don't need fancy visuals. You can use materials you have at home already. Make a fun activity out of it and ask your child to help you create the visuals. This is a good opportunity to interact with your child while helping him/her build positive visual cues.

**We are here to help!**

**Call our service access team at:  
855-329-8080**

**Coming Next Month:  
Trauma Focused-Cognitive  
Behavioral Therapy**

**Service Request Line  
(855) 329-8080**

**Cerritos Main Office**  
10929 South Street, Suite 208B  
Cerritos, CA 90703  
(562) 924-5526

**CFGC Downey Office**  
8320 Iowa Street, Suite 201  
Downey, CA 90241  
(562) 904-4815

**CFGC Bell Office**  
5140 Florence Ave. Unit F  
Bell, CA 90201  
(562) 924-5526

#### MISSION

We help Southeast Los Angeles County's underserved children and their families heal from trauma, abuse, emotional, behavioral and mental health issues through proven interventions and compassionate guidance.





## Our Services

We specialize in children's mental health treatment and provide comprehensive short-term prevention and early intervention, non-intensive and intensive program services. All services are client and family centered.

## Eligibility

Children and young adults 0-21 years old, with Medi-Cal Insurance and when funding allows, those with no insurance.

## Cost

There is no cost for eligible minors. We are funded by the Los Angeles County Department of Mental Health and the Department of Children and Family Services.

## Programs

### **Non-Intensive Outpatient:**

Designed for minors 0-21 years old who need more than early intervention services such as weekly individual and family therapy, psychiatric medication support, community linkage, and additional services.

### **Intensive Outpatient:**

For clients who are experiencing marked emotional, behavioral, social and environmental challenges, and may be in crisis or experiencing high risk behaviors. Our intensive team of mental health professionals and para-professionals can provide multiple visits a week and 24 hour crisis intervention assistance.

### **COVID-19 Safety:**

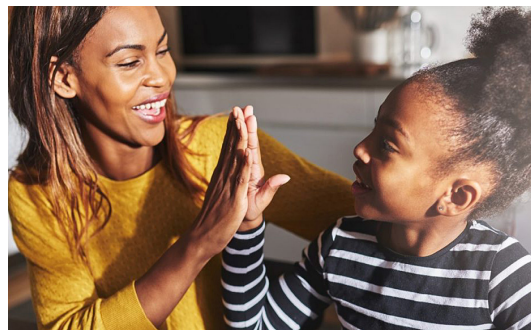
We are providing services via HIPAA compliant telehealth.

## Be Supportive

Positive supportive feedback helps your child know they are doing well, and can increase his/her self-esteem. Provide positive praise to your child when he/she completes a task. Positive praise can consist of three simple steps;

- (1) show your approval,
- (2) briefly and specifically describe the behavior and
- (3) say how it helps and how much it is appreciated.

For example, if your child put away their school materials, you would say something like, "I really liked how you took the time to put away your books when class was over. I really appreciate you taking the initiative; this really helps us move on to ...." When you are positive and specific, this provides feedback to your child that he/she are doing what is being asked and encourages him/her to continue. In addition to praise, providing rewards such as special playtime with you, extra play/electronic time or another small reward for the effort and



accomplishment will provide motivation and encouragement.

## Stay Informed

Actively communicate with the teacher(s) and be up-to-date on what materials your child is learning and tasks he/she needs to complete. If you see your child is struggling with the material, communicate with the teacher and look for supportive resources.

## Keep Checking In

Keep checking in with your child about his/her thoughts and feelings. You



don't have to have all the answers. Children are looking to feel heard and understood. Just providing a supportive, listening ear can help your child know you really care about his/her thoughts and feelings.

## Take a Break

Everyone needs downtime. No downtime can be a quick trip to burnout town. Support your child by finding out what helps your child relax and how much downtime they need to feel refreshed and ready to learn again. Incorporate enough break time for your child and for yourself.

## Summary

- Keep a daily schedule from wake up time, learning time, break times, and bedtime.
- Dedicate a space for learning that limits distractions.
- Help with workspace organization of work space and learning materials.
- Provide visuals for learning.
- Be supportive with praise and rewards.
- Stay informed by communicating with instructors.
- Keep checking in on your child to show support.
- Schedule in breaks for you and your child to get refreshed.