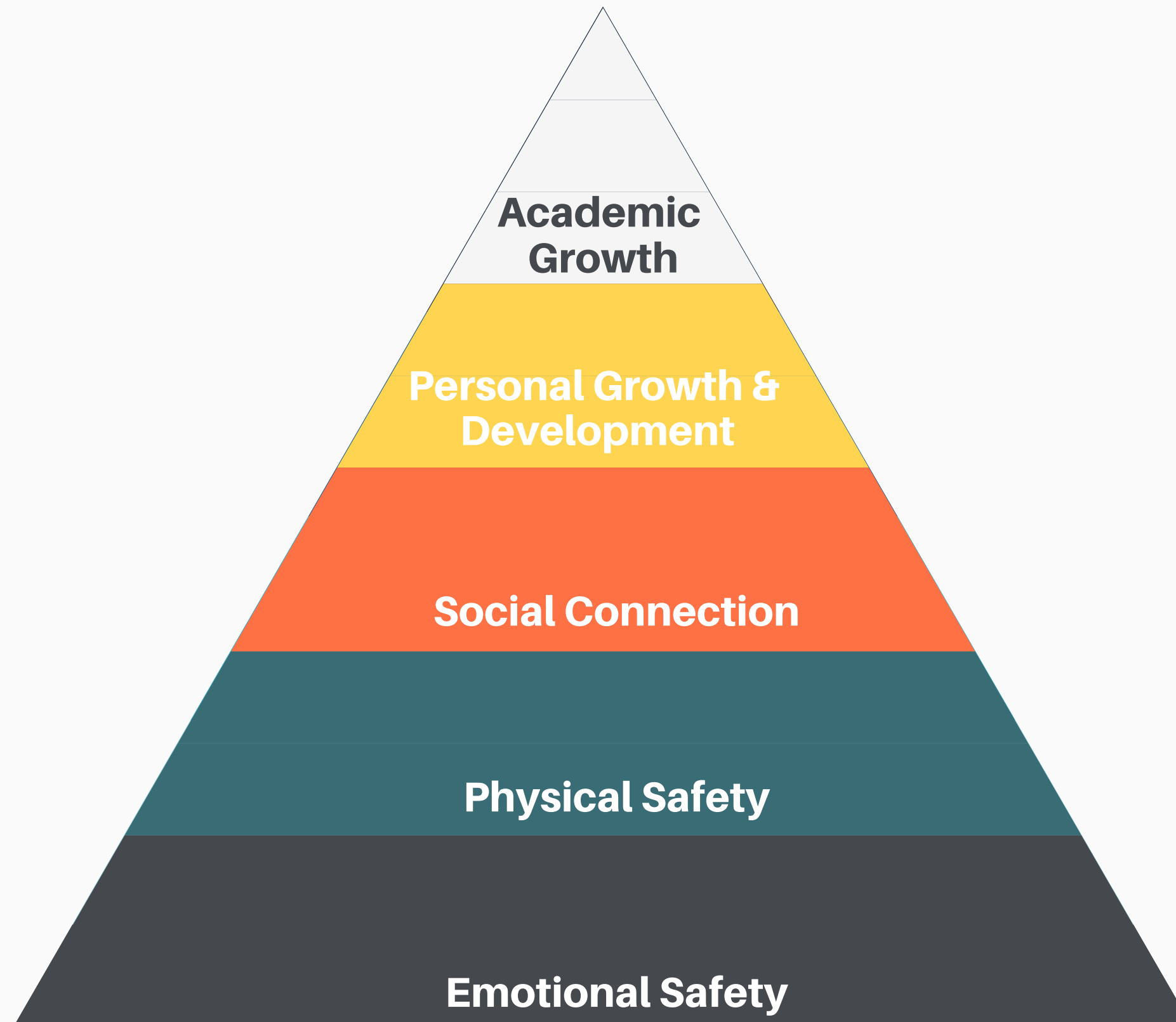


Differently Wired Kids' Hierarchy of Needs in the Midst of a Pandemic



- **What choices do I have for school this year?**
- **What is the best choice / fit for my child?**
- **How should I move forward with my choice?**
- **How can I ensure my child's needs (see hierarchy above) are met?**
- **How can I prioritize myself and practice self-care in the midst of all of this?**

Creating a Learning Plan, *Regardless of What Model You are Moving Forward With*

- **Values**
- **Defining Success**
- **Buy In**
- **School & Homework Policies**
- **Customization & Advocacy**

VALUES



- **What matters to you?**
- **At the end of the school year, what would you like to see for your child / family?**
- **Big picture perspective to note.**

Teach:

- **Enrichment**
- **Social, emotional**
- **EF**
- **Academic**

DEFINING 'SUCCESS'



- **What does success in this context look like?**
- **What do you need to be successful?**
- **What can you do / plan / create now for it to be “successful”**
- **How to make it work for your family?**

BUY IN



- **What is buy-in?**
- **What reduces buy-in?**
- **How do we get buy-in?**
 - **Patience, no quick fix**
 - **Repair / healing**
 - **Connection and understand attachment theory**

Secure

Not anxious. Doesn't avoid relationships.

Strong self-esteem

Comfortable with intimacy

Safe. Healthy vulnerability.

Attuned emotionally

Communicates assertively

Responsive

Empathetic

Connected

Anxious

Preoccupied

"Needy," "Clingy"

Worried about what others think

Sensitive

May not communicate directly

Seeks a lot of approval

Avoidant

Neglectful

Distant, closed off

Independent

Relationships not as important

Does not express emotions easily

Disorganized

Anxious and avoidant

Fearful of intimacy

Fears rejection



ANXIETY

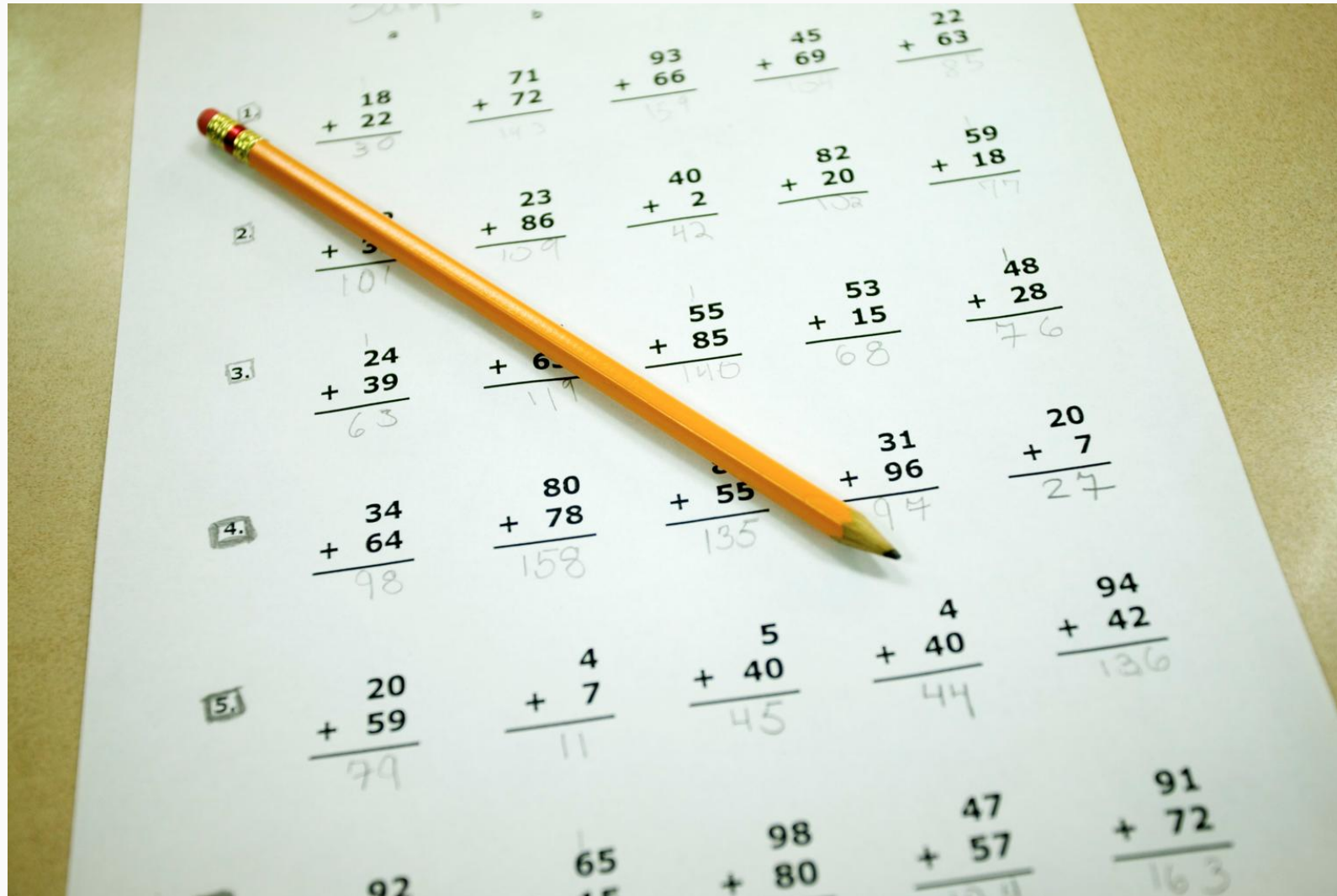
- **The narrative and the nervous system**
- **Attunement, coregulation, polyvagal, mirroring, reflective communication**

SCHOOL POLICIES



- **What will your 'in class' policies be for attending to learning?**
- **What is your child willing to do?**
- **What can you take off your plate?**
- **What can you take off your child's plate?**

HOMework POLICIES



- What will your child do?
- Will they do it at all?
- Where will homework happen?
- How will your family navigate the homework relationship?
- What boundaries will you set?

SACRED STUDY SPACE (SSS)



- **Why do we need an SSS?**
- **What will happen if we don't have an SSS?**
- **What are the 2 SSS intentions**
- **Why are they different for everyone?**

CUSTOMIZE & ADVOCATE



- **What modifications would you like to make in order to better support your child and family?**
- **How you most effectively advocate for your child and your family?**

Special considerations for REMOTE LEARNING



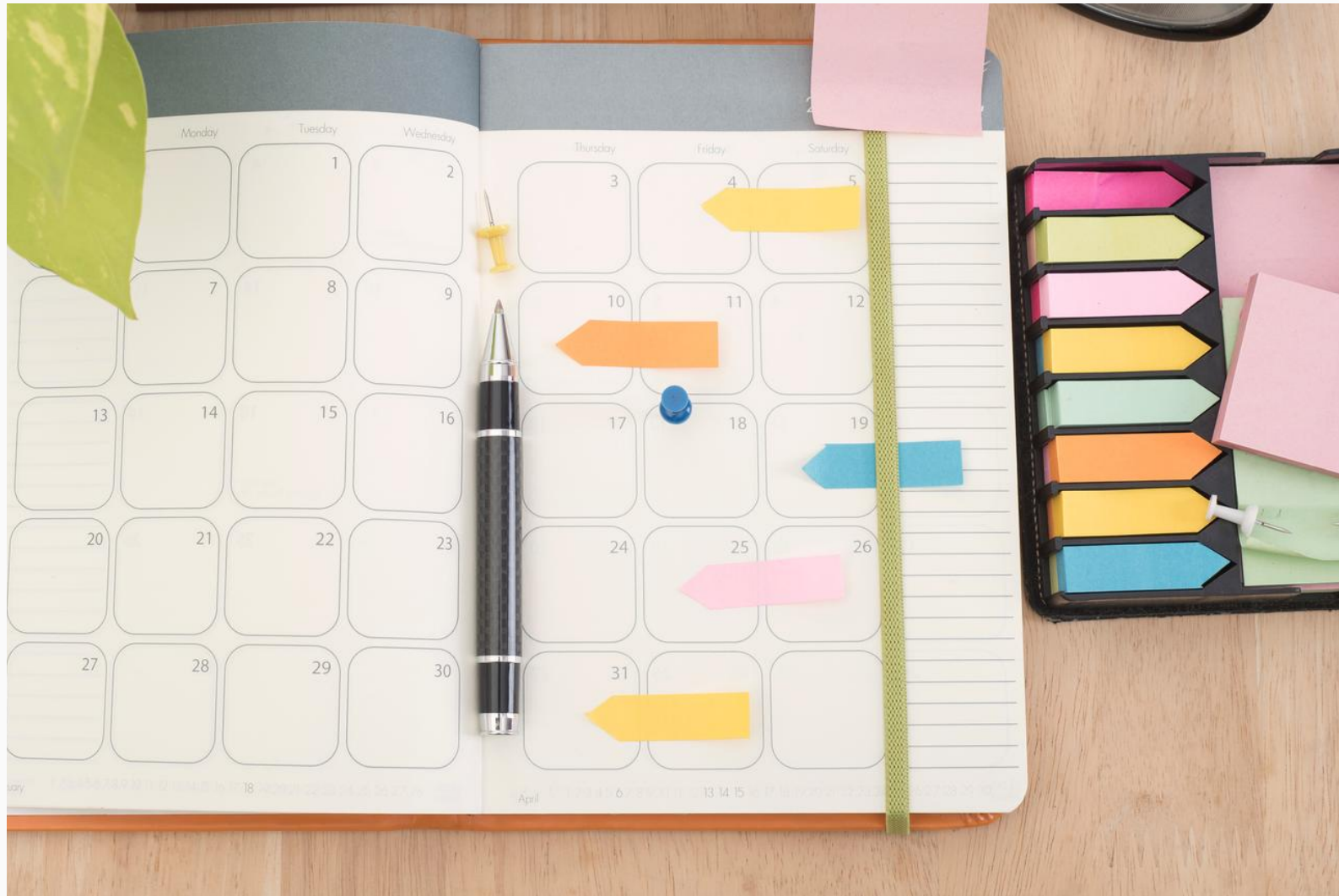
- **Get the schedule ahead of time**
- **Charging station for headphones, devices**
- **Build in breaks / movement**
- **Talk with teachers in advance about how your child can best participate**
- **A word to dads**

Special considerations for HYBRID LEARNING



- Understand the safety issues
- Prep child for what school may feel like
- Proactively problems solve around worries and concerns
- When / where homework will happen
- Develop a plan for staying organized
- Systems are in place

GET VISUAL



- **Get visual**
- **Routines**
- **School calendar (digital or analog)**
- **On browser (bookmarks bar on Chrome, etc.)**

Special considerations for In-School 100%



- Understand the safety issues
- Prep child for what school may feel like
- Proactively problems solve around worries and concerns
- Help your child be clear about you values around social responsibility, expectations for safety , etc.

Special considerations for Homeschooling / Unschooling / "Pods"



- Know the regulations (by state, by country)
- Understand the different models (virtual school, eclectic, self-directed, etc.)
- Find support groups

Last Thoughts...

- **Work with your child to create Plan A, Plan B, Plan C**
- **Maintain or implement regular family meetings
(make them primarily about connection)**
- **(PRO) Actively empathize every day**

HAVE FUN / CONNECTION