



## The Pandemic and Kids' Mental Health

### Ways to Use *The Pandemic and Kids' Mental Health*

*The Pandemic and Kids' Mental Health* was created for viewing by groups of parents and other caring adults. It can be used in the workplace, schools, and community workshops. It's also appropriate for family viewing and discussion.

#### Companies host "watch parties."

- At a Biotech company, employees watch a segment of our program and shared their experiences raising kids in the pandemic. As a mom described her six-year-old's behavior worsening in the pandemic, colleagues acknowledged her struggles. The mom says she felt validated, and since, more motivated and engaged at work.
- The Chief Talent and Equity Officer of a law firm says our program is a valuable resource that provides practical guidance for their attorneys and staff to use in the pandemic and across the parenting journey.

#### Schools host "watch parties."

- A school principal says her school's faculty and parents were inspired by the "hopefulness" of our program. They gained tools to support children now and in the future.
- The Director of Counseling at a middle school showed our Preteen video to students who offered this guidance to parents: "Validate our feelings," they said. "Don't try to protect us by sugarcoating the pandemic experience."

#### Parents view our program with a spouse or partner, friends, or their children.

- A father of three watched *The Pandemic and Kids' Mental Health* and felt relieved that other families faced similar challenges to his own. Using the strategies for talking with kids, he found that simple conversations helped ease his daughter's anxiety.
- A mom watched the Teen video with her 12-year-old son who responded, "Wow, I'm so glad somebody finally understands me." The mom was stunned. She thought she and her son had been communicating well. She dug deeper into how her son and three other children felt. As a result, she listens more intently, and her children share their emotions more openly.

As you prepare to facilitate a group conversation, you can select the video segment most appropriate for your group. Many parents gain valuable insight from watching all three videos – regardless of their child's age. Discussion questions and proposed responses are offered for each video in our *Conversation Guide*. Participants often say our sessions marked the first time they talked so openly about their experiences raising children in the pandemic. These candid conversations often create a strong sense of community. You may find that an hour-long session allows for only one or two discussion questions. We recommend reviewing and selecting questions prior to your event and being flexible to allow a spontaneous conversation to evolve.