



## HOW ADULT PATIENTS CAN SUPPORT THEIR SCHOOL-AGE CHILDREN AT HOME

AGES 5 - 13 YEARS

### CHILD LIFE AT CITY OF HOPE

For Child Life support and education, please email your Child Life specialist:



Jo Ann Namm, M.S., CCLS  
[jnamm@coh.org](mailto:jnamm@coh.org)



Marisol Trujillo, M.S., CCLS  
[mtrujillo@coh.org](mailto:mtrujillo@coh.org)



Megan Matthews, M.S., CCLS  
[mematthews@coh.org](mailto:mematthews@coh.org)



Marissa Verdin, M.S., CCLS  
[mverdin@coh.org](mailto:mverdin@coh.org)

#### School-age Development

- School-age children show more independence from parents and family.
- They start to think about the future.
- They can start to form stronger friend and peer relationships.
- They experience a rapid development of cognitive skills.
- School-age children can learn better ways to describe experiences.
- They can see the viewpoints of others more clearly.

#### Positive Parenting: Interventions to do with your school-age child from afar

- Video/FaceTime to continue open communication and provide opportunities to share emotions.
- Schedule time to FaceTime during meals, bedtime routines or afterschool activities to keep your routines similar.
- Encourage your child to write letters or draw pictures for you.
- Make a playlist of favorite songs that you can both listen to when you are missing each other.
- Ask your child to sing a song or read you a book through FaceTime.



- Be consistent and try to stick to a routine. Structure helps your child predict what will happen next and helps them develop healthy habits.
- It's OK to continue setting appropriate boundaries with reasoning.
- Support remote schooling by making a realistic schedule for getting work done in defined periods; include breaks and times for socializing, exercising and entertainment.
- Encourage your child to ask questions when they are ready.
- Respect what your child shares with you, and give him or her the chance to share if he or she wants.
- Take care of yourself physically, mentally and emotionally. Try to stay calm and relaxed by listening to music, watching TV, reading a book, using a mindfulness app, playing games or doing puzzles.