

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:



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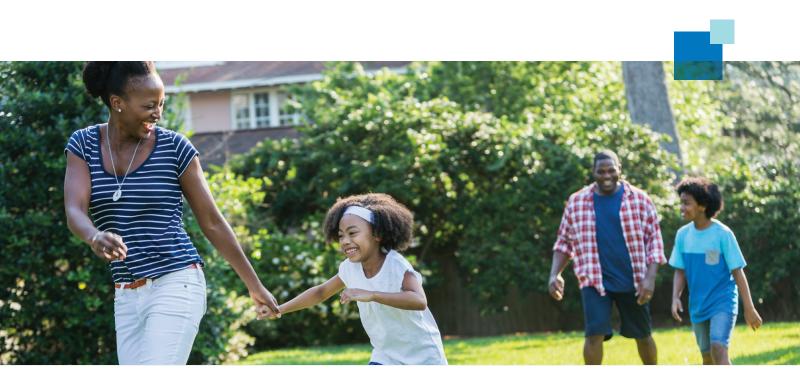


School-age Development

- 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.



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