



# Emotional Health for Children and Young Adults with COVID-19

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4/30/2021



**A Tumultuous 2020 indeed...**




George Floyd Memorial,  
Minneapolis  
June 1, 2020 →





# Texas Power Crisis -- February 2021

- ▶ In February 2021, Texas suffered a major power crisis, which came about as a result of 3 severe winter storms sweeping across the United States; a massive electricity generation failure; and resultant shortages of water, food, and heat.
  - ▶ More than **4.5 million homes** and businesses were left without power, some for several days.
  - ▶ **Inadequately winterized natural gas equipment** was the primary cause of this crisis. Also, Texas had **isolated its power grid** from the 2 major national grids in an effort to avoid federal oversight and deregulation its energy sector, making it difficult for the state to import electricity from other states.
  - ▶ Damages from the blackouts were estimated at **\$195 billion**, making them the **costliest disaster in Texas history**.
- 





## Atlanta Georgia Mass shootings at 3 spas

- ▶ On March 16, 2021, a series of mass shootings at 3 spas in Atlanta Georgia.
- ▶ 8 people were killed, 6 of whom were Asian women,
- ▶ 21-year-old Robert Aaron Long, was taken into custody later that day.
- ▶ According to police, Long said he was motivated by a sexual addiction that was **at odds with his religious beliefs**. He had previously spent time in an evangelical treatment clinic for sex addiction.
- ▶ some commentators have characterized the shootings as a hate crime, noting the backdrop of rising anti-Asian sentiment in the USA during the COVID-19 pandemic, prompting mass protests against anti-Asian violence across the country and the world



Atlanta  
mass shooting  
March 16, 2021



# Challenging Times! End Times?

<sup>7</sup> For nation will rise against nation,  
and kingdom against kingdom,  
and there will be famines  
and earthquakes in various places.

Matt 24:7



One Century Age...



# Spanish Flu



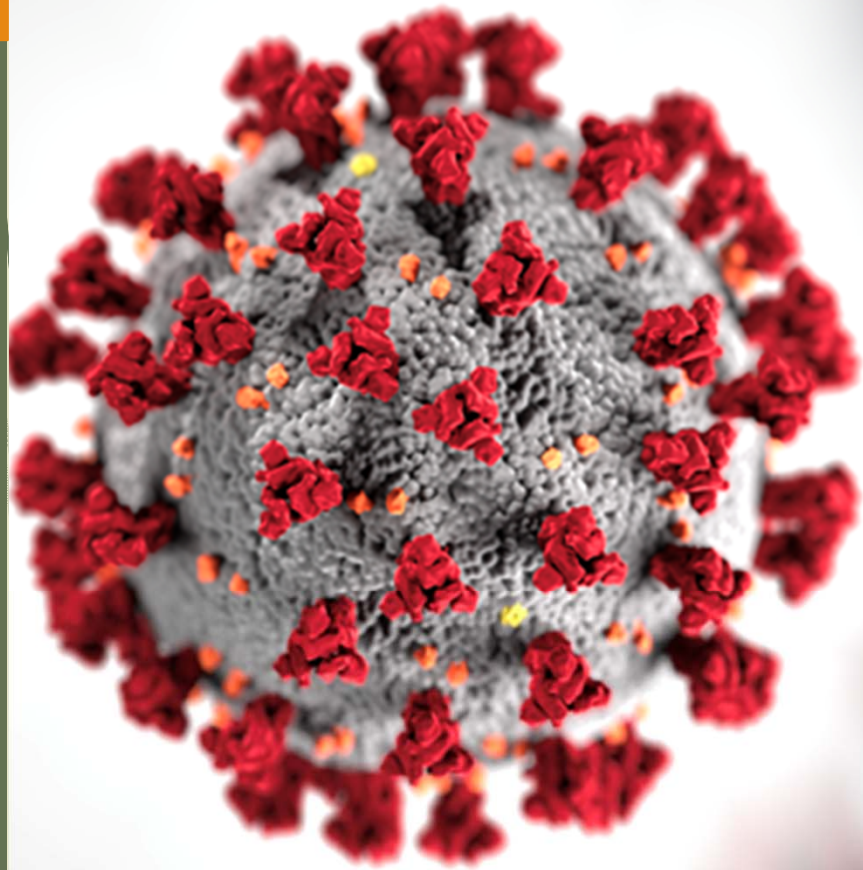
Citizens were ordered to wear masks, schools, theaters and businesses were shuttered and bodies piled up in makeshift morgues



# Spanish Flu pandemic

- ▶ The Spanish flu ( Influenza A, H1N1 ) pandemic of **1918**, the deadliest in history, **infected** an estimated **500 million** ) people worldwide—about **one-third** of the planet's population
- ▶ It **killed** an estimated 20 million to **50 million** victims, including some 675,000 Americans. (COVID-19 killed **2.8 million** so far)
- ▶ The 1918 flu was first observed in Europe, the United States and parts of Asia before swiftly spreading around the world.
- ▶ At the time, there were **no effective drugs or vaccines** to treat this killer flu strain.
- ▶ Citizens were ordered to wear masks, schools, theaters and businesses were shuttered and bodies piled up in makeshift morgues before the virus ended its deadly global march.






# COVID-19

CORONAVIRUS DISEASE 2019




# Pandemic Lockdown

- ▶ January 2020, China ordered the first lockdown in Hubei province.
- ▶ On March 2020, the entire 1.3 billion population of India was ordered to stay at home during its lockdown.
- ▶ April of 2020, **half of the world** went into lock-down. Over 90 countries or regions, 3.9 billion people were ordered by their government to enter lock down.
- ▶ Being labeled the “Chinese Virus” sparked anti-Asian and anti-Chinese sentiments throughout USA



Rory O'Connor,  
Professor of Health Psychology,  
University of Glasgow, April 2020

- 
- “Increased social isolation, loneliness, health anxiety, stress and an economic downturn are a perfect storm to harm people’s mental health and wellbeing.
  - “If we do nothing we risk seeing an increase in mental health conditions such as anxiety and depression, and a rise in problem behaviors such as alcohol and drug addiction, gambling, cyberbullying or social consequences such as homelessness and relationship breakdown. The scale of this problem is too serious to ignore, both in terms of every human life that may be affected, and in terms of the wider impact on society.





## Single Day COVID-19 Death in USA

January 6, 2021 : 3,768

January 7, 2021 : 3,865

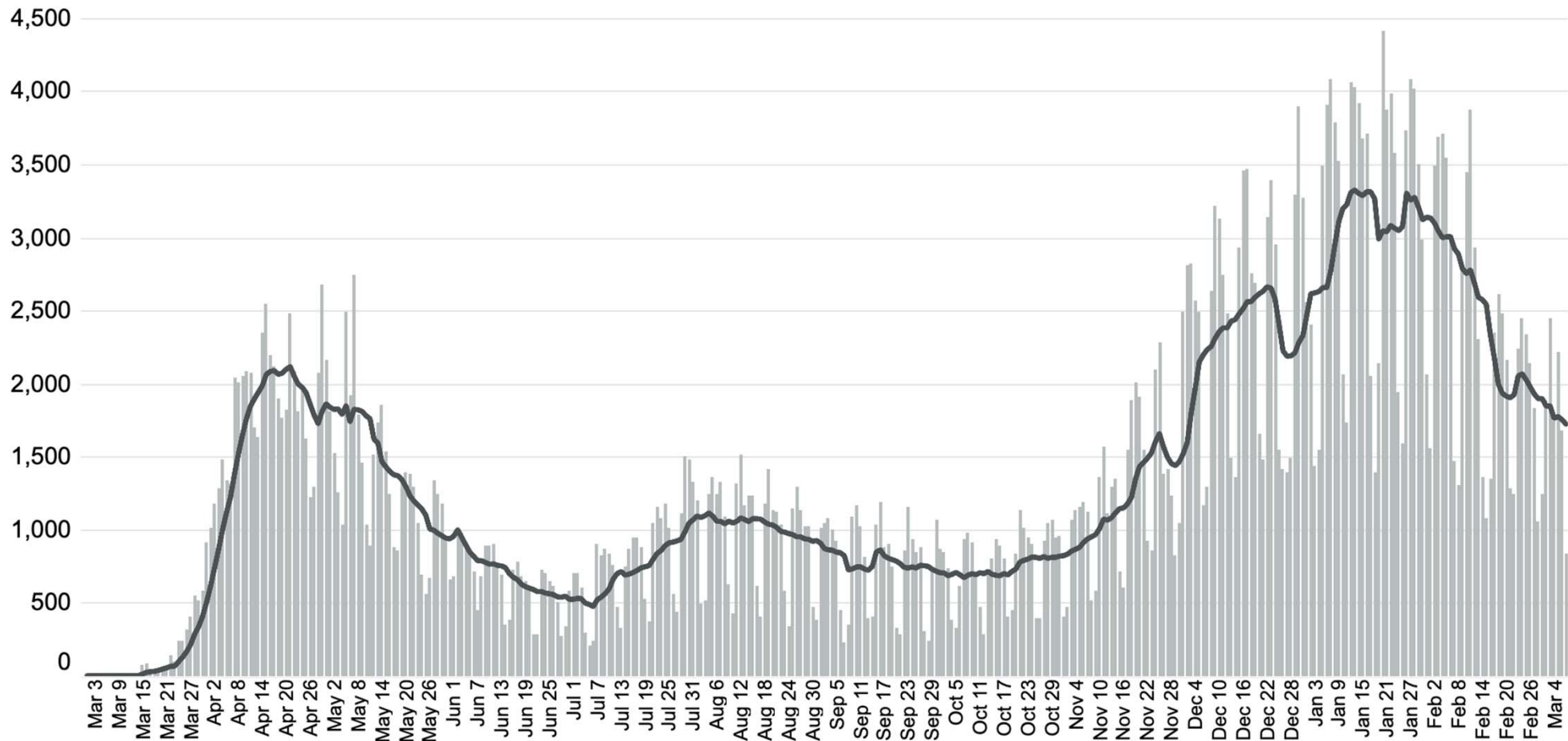
January 8, 2021 : 4,085

Source: [cdc.gov](https://www.cdc.gov)

## US DAILY DEATHS. 7-DAY AVERAGE LINE

Feb 29

Mar 7





9/11/2001 claimed  
**2,977** victims in USA in one day

Everyday, COVID kills more people  
than 9/11 did in one day

# Relative Risk for severe disease by Age

## Risk for COVID-19 Infection, Hospitalization, and Death By Age Group

Rate compared to 5–17-years <sup>1</sup>	0–4 years	5–17 years	18–29 years	30–39 years	40–49 years	50–64 years	65–74 years	75–84 years	85+ years
Cases <sup>2</sup>	<1x	Reference group	3x	2x	2x	2x	2x	2x	2x
Hospitalization <sup>3</sup>	2x	Reference group	7x	10x	15x	25x	35x	55x	80x
Death <sup>4</sup>	2x	Reference group	15x	45x	130x	400x	1100x	2800x	7900x

All rates are relative to the 5–17-year age category. Sample interpretation: Compared with 5–17-year-olds, the rate of death is 45 times higher in 30–39-year-olds and 7,900 times higher in 85+-year-olds. Compared with 18–29-year-olds, the rate of hospitalization is 8 times higher in 75–84-year-olds (55 divided by 7 equals 7.9).

#	Country, Other	Total Cases	New Cases	Total Deaths	New Deaths	Tot Cases/ 1M pop	Deaths/ 1M pop	Population	1 Case every X ppl	1 Death every X ppl
	World	149,349,138	+29,971	3,148,934	+789	19,160	404.0			
1	<a href="#">USA</a>	32,927,091		587,384		99,000	1,766	332,595,570	10	566
2	<a href="#">India</a>	17,997,267	+8,630	201,187	+22	12,937	145	1,391,123,637	77	6,915
3	<a href="#">Brazil</a>	14,446,541		395,324		67,571	1,849	213,798,900	15	541
4	<a href="#">France</a>	5,534,313		103,603		84,633	1,584	65,392,188	12	631
5	<a href="#">Russia</a>	4,779,425		108,980		32,739	747	145,985,907	31	1,340
6	<a href="#">Turkey</a>	4,710,582		39,057		55,365	459	85,082,577	18	2,178
7	<a href="#">UK</a>	4,409,631		127,451		64,678	1,869	68,178,729	15	535
95	<a href="#">China</a>	90,622	+12	4,636		63	3	1,439,323,776	15,883	310,467
104	<a href="#">Singapore</a>	61,063		30		10,371	5	5,888,076	96	196,269
144	<a href="#">Hong Kong</a>	11,749		209		1,557	28	7,546,858	642	36,109
192	<a href="#">Taiwan</a>	1,110		12		47	0.5	23,852,199	21,488	1,987,683





# COVID-19 VACCINE

## 3 currently approved COVID-19 Vaccines

<b>Pfizer-BioNTech COVID-19 Vaccine</b>	<b>Moderna COVID-19 Vaccine</b>	<b>J &amp; J Vaccine</b>
EUA 12/11/2020	EUA 12/18/2020	EUA 2/26/2021
2 doses 21 days apart	2 doses 28 days apart	One dose
16 years old and up EUA requested on April 9 for adolescents ages 12- 15	18 years old and up	18 years old and up
mRNA	mRNA	Viral vector (Adenovirus)

# COVID-19 Vaccinations in the United States

Overall US COVID-19 Vaccine | Deliveries and Administration; Maps, charts, and data provided by CDC, updates daily by 8 pm ET<sup>†</sup>

Represents all vaccine partners including jurisdictional partner clinics, retail pharmacies, long-term care facilities, dialysis centers, Federal Emergency Management Agency and Health Resources and Services Administration partner sites, and federal entity facilities.

## Total Vaccine Doses

Delivered **297,543,635**

Administered **232,407,669**

Learn more about the [distribution of vaccines](#).

## People Vaccinated

### At Least One Dose


### Fully Vaccinated

Total	<b>141,751,857</b>	<b>96,747,454</b>
% of Total Population	<b>42.7%</b>	<b>29.1%</b>
Population ≥ 18 Years of Age	<b>139,902,174</b>	<b>96,247,756</b>
% of Population ≥ 18 Years of Age	<b>54.2%</b>	<b>37.3%</b>
Population ≥ 65 Years of Age	<b>44,754,293</b>	<b>37,149,968</b>
% of Population ≥ 65 Years of Age	<b>81.8%</b>	<b>67.9%</b>



About these data

CDC | Data as of: April 27, 2021 6:00am ET. Posted: Tuesday, April 27, 2021 2:15 PM ET




## Social Distancing and isolation have important consequences

- ▶ <sup>18</sup> Then the LORD God said, “It is **not good that the man should be alone**; I will make him a helper fit for<sup>l</sup> him.”(Gen 2:18)
- ▶ To be “alone” is **NOT how God design human** to exist.
- ▶ <sup>26</sup> Then God said, “Let us make man in **our** image, after **our** likeness. (Gen 1:26)There is communication **within the Trinity**: Father and the Son have always been together (except when the Son was on the cross)
- ▶ We may have become too accustomed to virtual meeting, and have difficulties reverting back to in-person gathering.
- ▶ Where couples have each, singles are truly isolated, so if there are singles in your church, please make an effort to invite them to gatherings and meals, they need it.





## Dangerous Response to Pandemic News


- ▶ Doom surfing: searching the internet to read items about tragic or disastrous events.
  - ▶ Hesitancy toward COVID vaccination because of biased view of the risk of vaccination. For example concern over the possibility of infertility from vaccine did not take into account that infertility from COVID illness has been report, but infertility from COVID vaccine is only a speculation.
  - ▶ Get comfortable to lockdown, social withdrawal, and virtual learning and stay there.
- 





# Doomscrolling

- ▶ looking through social media or news websites, to an obsessive point, while feeling more and more anxious and depressed with every story or update we read.
- ▶ Despite feeling worse and worse as we read more and more, we continue to scroll through anyway, almost as if we're on a quest to find as much disheartening information as possible.
- ▶ Sometimes called "doomsurfing," the behavior doesn't just involve getting caught up in negative stories; it also refers to our tendency to actively seek out negative information instead of positive, feel-good headlines. That's where the "doom" element comes into play.



## Just as when the Israelites were fearful of taking Canaan...

When there is lack of trust in God's provision, we cannot see the events of the world through the eyes of faith.

The 10 spies displayed **fear, anxiety, and sadness** about what they saw, these sentiments came from **distrusting God's promise** of providing the land flowing with milk and honey.

<sup>25</sup> At the end of forty days they returned from spying out the land.

<sup>28</sup> However, the people who dwell in the land are strong, and the cities are fortified and very large.

<sup>33</sup> ...and we seemed to ourselves like grasshoppers, and so we seemed to them."

(Numbers 13:25, 28, 33)



# Social Isolation dispersed communities...

Genesis record the **first social distancing**, at Babel:


<sup>4</sup> Then they said, “Come, let us build ourselves a city and a tower with its top in the heavens, and let us make a name for ourselves, lest we be dispersed over the face of the whole earth.”

<sup>8</sup> So the LORD dispersed them from there over the face of all the earth, and they left off building the city. <sup>9</sup> Therefore its name was called Babel, because there the LORD **confused the language** of all the earth. And from there the LORD **dispersed them** over the face of all the earth.


(Gen 11: 4, 8-9)


This curse was **reversed in Acts 2:4**

<sup>4</sup> And they were all filled with the Holy Spirit and began to speak in other tongues as the Spirit gave them utterance.



## COVID-19 impacted regular learning and social life

- ▶ Children with ADHD have worse symptoms with virtual learning:
  - ▶ During COVID-19, children have their eyes glued to computer, they often engaged in more video games
  - ▶ Many gained weight during COVID-19 from lack of exercise and physical activities
  - ▶ Children stayed in rooms with door closed, worsening the social isolation.
  - ▶ Many parents have to stay with the children during school, especially the younger children, and those with ADHD.
  - ▶ COVID-19 ended organized sports and afterschool activities
  - ▶ There are more anxiety, depression, & ADHD than before COVID-19
- 




## People at greater risk for the negative impact of COVID-19 on social lives

- ▶ People with **underlying medical conditions**
- ▶ **Children and Teens**
- ▶ People with **mental health** conditions, less able to protect oneself.
- ▶ People who have **lost their jobs**, had their work hours reduced, or had other major changes to their employment.
- ▶ People with **disabilities or developmental delay**
- ▶ **People who are socially isolated from others**, including people who live alone, and people in rural or frontier areas.
- ▶ People in some racial and ethnic minority groups.
- ▶ People who live in group settings





# COVID-19 Brings out anxiety and depression

- ▶ Teenagers are struggling to cope with pandemic isolation for over one year
  - ▶ Some **46% of parents** say they've observed "**a new or worsening mental health condition**" in their teen since the pandemic began, according to Michigan Medicine's C.S. Mott Children's Hospital National Poll on Children's Health.
  - ▶ Teen **girls' parents were more likely than teen boys'** parents to note heightened **anxiety (36% vs. 19%) and depression (31% vs. 18%) symptoms** in their kids. The parents of teen boys and teen girls were similarly likely to report sleep issues, withdrawal from family, and aggressive behavior.
  - ▶ Nearly **three in four parents** said the pandemic, which forced many kids' schools online and limited in-person social interaction, had had a **negative impact** on their teen's ability to interact with friends.
  - ▶ "At the age when teens are biologically primed to seek independence from their families, restrictions to control the COVID-19 pandemic have kept teens at home."
- 



# Generalized anxiety disorder (GAD)

## Symptoms :

- ▶ **excessive, uncontrollable and often irrational worry** about events or activities.
- ▶ Worry often **interferes with daily functioning**, overly concerned about everyday matters such as health, finances, death, family, relationship
- ▶ excessive worry, restlessness, insomnia, irritability, sweating, and sometime trembling, for at least six months.

## Co-morbidities :

- ▶ depression, substance use disorder, obesity.

## Screening tools :

- ▶ **GAD-7 and GAD-2** questionnaires followed by formal evaluation for the disorder.




# Generalized anxiety disorder (GAD)

## Treatment:

- ▶ Psychotherapy (e.g., cognitive-behavioral therapy (**CBT**)) and **SSRI** (selective serotonin reuptake inhibitors) such as citalopram (Celexa), escitalopram (Lexapro), sertraline (Zoloft), duloxetine (Cymbalta), and venlafaxine (Effexor).

## Others:

- ▶ Twice as frequent in women.
  - ▶ a hereditary or genetic basis 30-40%. Often has family member with GAD.
  - ▶ Life time risk of GAD estimated at **9.0%**. Most people experience it repeatedly over the course of their lives as a chronic condition.
- 

### Generalized Anxiety Disorder 7-item (GAD-7) scale

Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all sure	Several days	Over half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it's hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3
<i>Add the score for each column</i>	+	+	+	
<b>Total Score (add your column scores) =</b>				

If you checked off any problems, how difficult have these made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all \_\_\_\_\_

Somewhat difficult \_\_\_\_\_

Very difficult \_\_\_\_\_

Extremely difficult \_\_\_\_\_

Source: Spitzer RL, Kroenke K, Williams JBW, Lowe B. A brief measure for assessing generalized anxiety disorder. *Arch Intern Med.* 2006;166:1092-1097.





# Symptoms of depression

- ▶ persistent feeling of sadness and loss of interest.
- ▶ affects how you feel, think and behave.
- ▶ have trouble doing normal day-to-day activities
- ▶ feel as if life isn't worth living.
- ▶ is usually chronic and recurrent.

## **Treatment:**

Most people with depression improve with medication, psychotherapy or both

# Screening Tool: PHQ-9

## PATIENT HEALTH QUESTIONNAIRE-9 (PHQ-9)

Over the last 2 weeks, how often have you been bothered  
by any of the following problems?  
(Use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3


FOR OFFICE CODING 0 +    +    +     
=Total Score:   

If you checked off any problems, how difficult have these problems made it for you to do your  
work, take care of things at home, or get along with other people?

Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Attention deficit hyperactivity disorder (ADHD)


- 
- ▶ ADHD is a **chronic condition**
  - ▶ ADHD individuals have **difficulty sustaining attention**, and has **hyperactivity and impulsive behaviors**.
  - ▶ Children with ADHD may also struggle with low self-esteem, poor organization, poor performance in school.
  - ▶ Symptoms sometimes lessen with age.
  - ▶ However some people never completely outgrow their ADHD symptoms, others learn **strategies to cope with it**, which is why counseling is helpful.
  - ▶ Treatment typically involves **medications** and **behavioral interventions (counseling)**
  - ▶ **Early** diagnosis and treatment can make a difference in outcome.



# Attention deficit hyperactivity disorder

- ▶ symptoms start before age 12, and in some children, they're noticeable as early as 3 years of age.
- ▶ may continue into adulthood.
- ▶ ADHD occurs more often in males than in females. Boys may be more hyperactive and girls may tend to be quietly inattentive.

There are **3 subtypes** of ADHD:

- ▶ **Predominantly inattentive.** The majority of symptoms fall under inattention.
  - ▶ **Predominantly hyperactive/impulsive.** The majority of symptoms are hyperactive and impulsive.
  - ▶ **Combined** : This is a mix of inattentive symptoms and hyperactive/impulsive symptoms.
- 


# Comorbidities of ADHD

- ▶ **Oppositional defiant disorder (ODD)**, generally defined as a pattern of negative, defiant and hostile behavior toward authority figures
- ▶ **Conduct disorder**, marked by antisocial behavior such as stealing, fighting, destroying property, and harming people or animals
- ▶ **Disruptive mood dysregulation disorder**, characterized by irritability and problems tolerating frustration
- ▶ **Learning disabilities**, including problems with reading, writing, understanding and communicating
- ▶ **Substance use disorders**, including drugs, alcohol and smoking
- ▶ **Anxiety disorders**, with overwhelming worry and nervousness, and include obsessive compulsive disorder (OCD)
- ▶ **Mood disorders**, including depression and bipolar disorder, which includes depression as well as manic behavior
- ▶ **Autism spectrum disorder**, a condition that impacts how a person perceives and socializes with others
- ▶ **Tic disorder or Tourette syndrome**, disorders that involve repetitive movements or unwanted sounds (tics) that can't be easily controlled



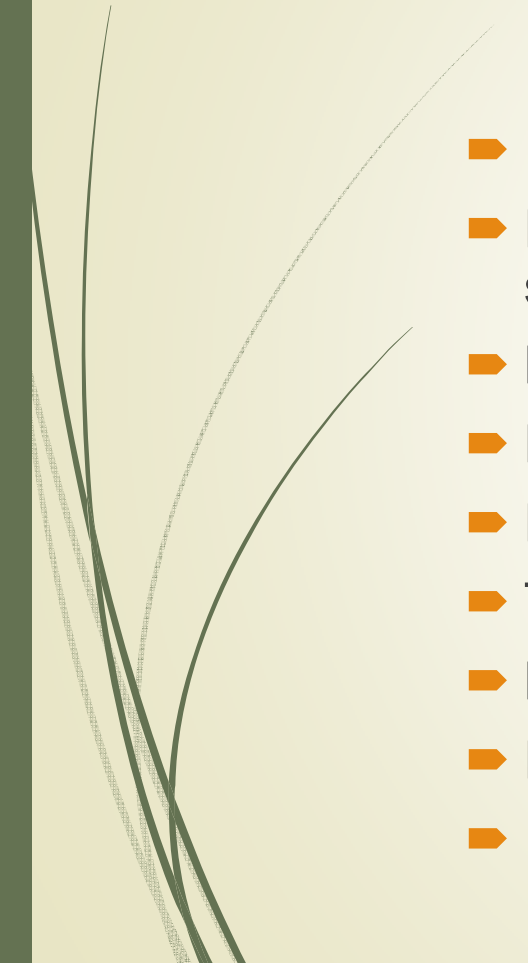


# Inattention

- ▶ Fail to pay close attention to details or make careless mistakes in schoolwork
  - ▶ Have trouble staying focused in tasks or play
  - ▶ Appear not to listen, even when spoken to directly
  - ▶ Have difficulty following through on instructions and fail to finish schoolwork or chores
  - ▶ Disorganized
  - ▶ Avoid or dislike tasks that require focused mental effort, such as homework
  - ▶ Be easily distracted
  - ▶ Forget to do some daily activities, such as forgetting to do chores
- 




# Hyperactivity and Impulsivity

- 
- ▶ Fidget with or tap his or her hands or feet, or squirm in the seat
  - ▶ Have difficulty staying seated in the classroom or in other situations
  - ▶ Be on the go, in **constant motion**
  - ▶ Run around or climb in situations when it's not appropriate
  - ▶ Have trouble playing or doing an activity quietly
  - ▶ Talk too much
  - ▶ Blurt out answers, interrupting the questioner
  - ▶ Have difficulty waiting for his or her turn
  - ▶ Interrupt or intrude on others' conversations, games or activities





# Protect your Emotional Health

- 
1. Stay **active**, **sleep** well, **eat** well, **don't idle**
  2. Select your source of news regarding COVID: from trusted sites such as **CDC** (Center for Disease Control) and **WHO** (World Health Organization) with more accurate information
  3. Increase your **adversity quotient**, build your **resilience**
  4. **Stay connected**, **seek help** at the first sign of **withdrawal or anxiety**.



# Seek Help...

- 
- seek help at the **first sign** of symptoms of withdrawal, depression, or anxiety.
  - Connect through the body of Christ, get Biblical Counseling if available
  - Seek professional help: counseling and therapy
  - May need Psychiatric and Pharmacological help (**cancer** patients accept **chemotherapy readily**, patients with mental health do not...)



Speak to your own soul, as David did


Why are you cast down, O my soul,  
and why are you in turmoil within me?  
Hope in God; for I shall again praise him,  
my salvation and my God.

Psalm 43:5






# IQ, EQ, AQ, and Mental Health

- Intelligence Quotient
  - Emotional Quotient
  - Adversity Quotient
- 



# Enhance AQ


- 
- Keep Margin
  - Observe Boundary (Cloud & Townsend)
  - Live a “purpose driven” life
  - Exercise Spiritual Insight
  - Enhance AQ, handle stress and fear with poise
  - Seek mentor and counselor



# Build “CORE” to enhance resilience

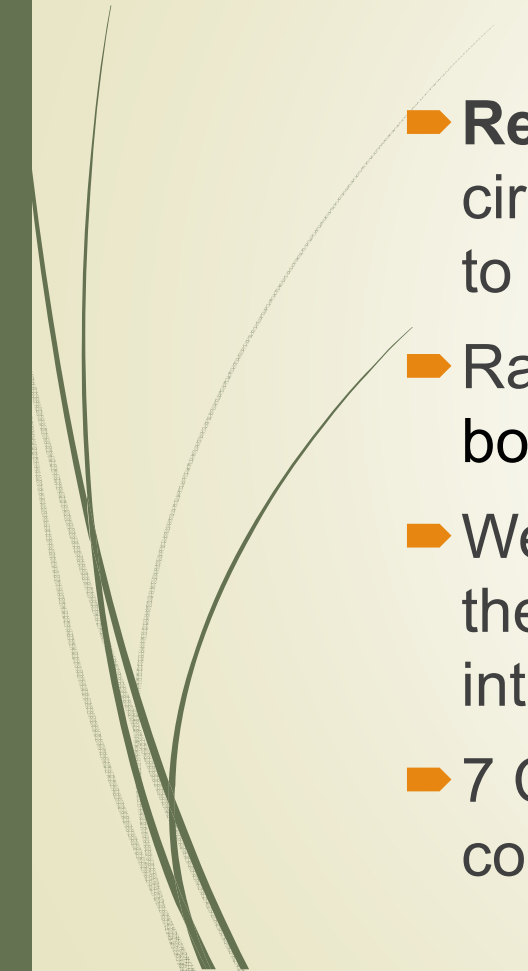
How well can you bounce back? How is your “CORE”

- **C**ontrol—maintain emotional control in adversities, rather than meltdown.
- **O**wnership—take ownership of your own responsibilities, especially when facing mistakes or failure, instead of blame shifting
- **R**each—compartmentalize the damage, do not let one injury ruin your entire person life. For example: problem at work do not need to ruin your family life
- **E**ndurance—Blessed are the flexible, they shall not be bent out of shape.




## Building **Resilience** in Children and Teens

Ken Ginsburg M.D.

- 
- ▶ **Resilience:** the capacity to rise above difficult circumstances, an ability to recover from setbacks, similar to buoyancy.
  - ▶ Raise children who can cope with difficult challenges and bounce back
  - ▶ We want them to develop deep, strong roots now so that their wings will carry them successfully and independently into the future
  - ▶ 7 C's: competence, confidence, **connection**, character, contribution, coping, control.




# By Faith, not by Feelings

1. Feelings of and isolation as manifestation of anxiety and depression, examples:
    - ▶ 18 year old young man with Marijuana addiction experiencing unexplained pain needed antianxiety medication to “calm his nerves”
    - ▶ 15 year old teenage girl with dropping grades and extreme withdrawal needed help to manage her anxiety and depression, in order to come out of self lock-down, self cutting, and re-connect.
  2. Vaccination can bring us out of the pandemic
  3. Those fully vaccinated can come out of social isolation, with caution.
  4. Make an effort to meet in person, even with masks
- 



# Communication with your teenager





# 3 opportunities with the changing teenage world

Paul Tripp, Age of Opportunity

## Teens lack security:

- Teens constantly ask the question, “Who am I? Do you love me?”
- An opportunity to bring God into their world and help them define their worth biblically
- <sup>3</sup> ...not to think of himself more highly than he ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned. (Rom 12:3)

## Teenage rebellion:

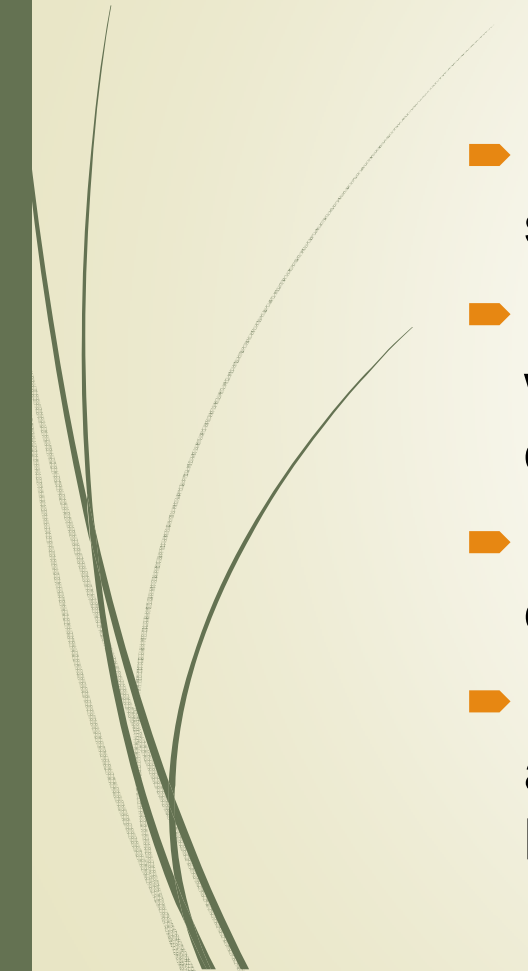
- Exertion of independence, a sign of teens wanting to establish themselves in their world
- Filling their emotional tank with unconditional love, then apply loving discipline
- Pointing out to teens that rebellion is a sin.

## Teens are constantly expanding their worldview:

- Grow with them, keep the lines of communication open, stay involved with their school, interests, and friends.



## Pitfalls of communication


- 
- ▶ Is the church of Christ raising soldiers for the Kingdom or simply building a generation of social elite?)
  - ▶ Parent's limitation projected onto your children. A mother who suffers from night terror insist every waking episode of her 10 month old son is from night terror.
  - ▶ Parental marital conflicts strongly affect our children, especially when parents are inconsistent with each other.
  - ▶ Do not just change outward behavior, change their hearts and their attitudes (Tripp's Book: Shepherding a child's hearts)




# Listen Attentively

- ▶ Giving **full attention** when your children are speaking
- ▶ allowing children to disagree and not becoming angry
- ▶ creating an atmosphere of caring and acceptance that encourages children to share their ideas, and listening closely to their concerns
- ▶ The father who talks with and listens to his children gets the most satisfaction as a dad

(p. 167 K. Canfield, The 7 Secrets of Effective Fathers,  
Tyndale House Publishing, 1992)



# Eye contact, physical contact

- 
- ▶ Habitual avoidance of eye contact strongly affects the way a person relates to people and is a misrepresentation of himself/herself
  - ▶ Handling times of non-communication—don't force a conversation, but **be available**
  - ▶ Do not let occasional avoidance of eye contact irritate you
  - ▶ Practice physical and eye contact, increase gradually without being overwhelming

(R. Campbell, How to Really Love Your Teenager)



## Correction the Godly way

- ▶ profitable for teaching, for **reproof**, for **correction**, and for training in righteousness, (II Tim: 3:16)
- ▶ Make wisdom appealing, make the taste of correction sweet
- ▶ Demeaning words in correction make unnecessarily bitter (point out the behavior, and its roots to sin, insert the Gospel)
- ▶ In the name of bringing our children to submission, our desire to “control” our children may lead to **unnecessary confrontation**
- ▶ To encourage our children (and teenager) to talk, try not to speak for them. Let them practice public speaking, watch and listen affirmatively as they communicate with others.

(Paul Tripp, Age of Opportunity, P&R, 1997)

# Don't and Do...

## Don't...

- ▶ Have spontaneous problem discussion, nagging, insight transplants (lecturing), and arguing (p. 38 T. Phelan, Surviving your adolescents, Child Management Inc. 1993)
- ▶ Make phone calls or allow other distractions during important conversation with children
- ▶ Multi-tasking—doing other things simultaneous with conversation
- ▶ Lecture, or do insight transplant: if I were you...
- ▶ Have too high an expectation (when they get 99 points in the test, don't ask where they missed the one point to make 100)

## Do...

- ▶ work off their strength first, then pick the most ungodly traits to pray on and work through (ignore the hair!) °
- ▶ Homework—ask your teenager how they would like you to better communicate with them, as they give their answer, just listen, try not to offer justification)

# Effective use of time

Stephen Covey: 7 Habits of highly effective people

	Important	Not Important
Urgent	<ul style="list-style-type: none"><li>■ Deadlines</li><li>■ Emergencies</li></ul>	<ul style="list-style-type: none"><li>■ Phone notification</li><li>■ Uninvited guests</li></ul>
Non-urgent	<ul style="list-style-type: none"><li>■ Strategic planning</li><li>■ Building Relationships</li></ul> <p>(spend time here)</p>	<ul style="list-style-type: none"><li>■ Gossip</li><li>■ Entertainment news</li></ul> <p>(Eliminate time wasted here)</p>



# A,B,C of Christian Parenting

## 1. Affirm Biblical principle,

Christ is the only way, parent your children Biblically

*“I am the way, and the truth, and the life. No one comes to the Father except through me.” (John 14:6)*

## 2. Bounce Back, build Resilience in our children :

*“...for he who is in you is greater than he who is in the world.” (1 John 4: 4b)*

## 3. Connect and Reconnect

Through Christ, connect to God, Family, and Body of Christ

*<sup>5</sup> I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. (John 15: 5)*

## Healthy Attitude

*Serenity Prayer:* Lord, give me the  
Serenity to accept things I cannot change  
Courage to change the things that I can, and the  
Wisdom to know the difference

*Reinhold Niebuhr*

Face the pandemic responsibly,  
without fear or anxiety, dutifully





# Parenting Reading List



- ▶ Brazelton, Berry T. Infants And Mothers (New York: Dell Publishing), 1969.
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- ▶ Campbell, Ross. How To Really Love Your Teenager (Wheaton: Victor Books), 1981.
- ▶ Cloud, Henry and John Townsend. Boundaries: When to say yes, when to say no (Grand Rapids: Zondervan) 1992.
- ▶ Dobson, James. Parenting Isn't For Cowards (Waco: Word Books), 1987.
- ▶ Dobson, James. Dare to Discipline (Wheaton: Tyndale House), 1982.
- ▶ Dobson, James. Hide or Seek : [How to Build confidence in your child] ( Hodder and Stoughton), 1985.




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- ▶ Elkind, David. *The Hurried Child* (Reading: Addison Wesley), 1988.
- ▶ Elliot, Elizabeth. *The Shaping Of A Christian Family* (Oliver Nelson: Nashville), 1992.
- ▶ Faber, Adele and Elaine Mazlish. *How To Talk So Kids Will Listen & Listen So Kids will Talk* (New York: Avon Books), 1980.
- ▶ Faber, Adele and Elaine Mazlish. *Siblings without Rivalry* (New York: Avon Books), 1987.
- ▶ Ferber, Richard. *Solve Your Child's Sleep Problems* (New York: A Fireside Book), 1985.
- ▶ Fraiberg, Selma. *The Magic Years* (New York: Charles Scribner's Sons), 1959.
- ▶ Ginsburg, Kenneth. *Building Resilience in Children and Teens* (AAP) 2015.
- ▶ Greenspan, Stanley and Nancy Thorndike Greenspan. *The Essential Partnership* (New York: Viking), 1989.
- ▶ Haystead, Wes. *Teaching Your Child About God* (Ventura: Regal Books), 1974.



## Parenting Reading List

- ▶ Kesler, Jay. Ten Mistakes Parents Make With Teenager [and how to avoid them] (Wolgemuth & Hyatt), 1988
  - ▶ Meier, Paul. Christian Child-Rearing and Personality Development (Grand Rapids: Baker Book House), 1977.
  - ▶ Narramore, Bruce. Help! I'M A Parent (Grand Rapids: Zondervan), 1971.
  - ▶ Navigators. Parents & Children (Colorado Spring: Navpress), 1980.
  - ▶ Rosemond, John. Six-Point Plan For Raising Happy, Healthy Children (Kansas City: Andrews and McMeel), 1989.
  - ▶ Schmitt, Barton. Your Child's Health (New York: Bantam Books), 1987.
  - ▶ Tripp, Paul. Age of Opportunity (Phillipsburg: Presbyterian & Reformed), 1997
  - ▶ Tripp, Tedd. Shepherding a child's heart (Wapwallopen: Shepherd Press), 1995
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# Emotional Health for Children and Young Adults with COVID-19

Philip Siu M.D.

4/30/2021