

Principal(ing) in Place: An Evening to Connect, Learn, and Laugh

Parenting Through a Pandemic

Thursday, April 30, 2020 / 8:00 pm – 9:00 pm EST

Our Moderators

NAESP National Coronavirus Taskforce Members



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CENTER FOR
INNOVATIVE
LEADERSHIP



ANDY JACKS



HAMISH BREWER

NAESP FELLOWS & HOSTS

LEADERSHIP LESSONS

Interviews and articles that provide insight
into leadership lessons learned from
NAESP school leaders across the country

NAESP.ORG/CIL

[#NAESPCIL](https://twitter.com/NAESPCIL)



Coronavirus/COVID-19 RESOURCES

Upcoming COVID-19 Taskforce Events

Leading Virtual Learning Communities webinars:

- **Navigating Special Education During COVID-19**
May 5, 2020 | 3:00 – 4:00 p.m. ET | [Register Now!](#)
- **School Nutrition and Summer Enrichment Activities During COVID-19**
May 14, 2020 | 2:00 – 3:00 p.m. ET | [Register Now!](#)

Live at 5 ET: You Ask, We Answer!

May 5, 2020 | 5:00 – 6:00 p.m. ET | [Register Now!](#)

Purpose for This Series

- NAESP's real-time response to meet members needs
- Topics will be driven from membership and current context of leading
- Participants will receive a roster of attendees and related links to resources shared during the event

What's Your Quarantine Nickname?

Share in the chat box!



elan gale ✓
@theyearofelan

Your quarantine
nickname is how you
feel right now + the last
thing you ate out of the
cupboard"
You can call me "angry
chili mango"



DK / Daena Kramer ✓
@justkramer

Fat
chopped
salad

Principaling in Place Challenge:

Way to go! Congratulations!!



Special Guest

Kas Nelson | @KasNelson



- Practicing Principal
- Mother of three
- NAESP Zone 8 Director



**FYI Dads, your
children will not
be bringing home
handmade
Mother's Day
gifts from school.
You have ~~15~~
10 days.**

@SNOOZEFLSTBYJAYNEHAVENS

Poll Question #1

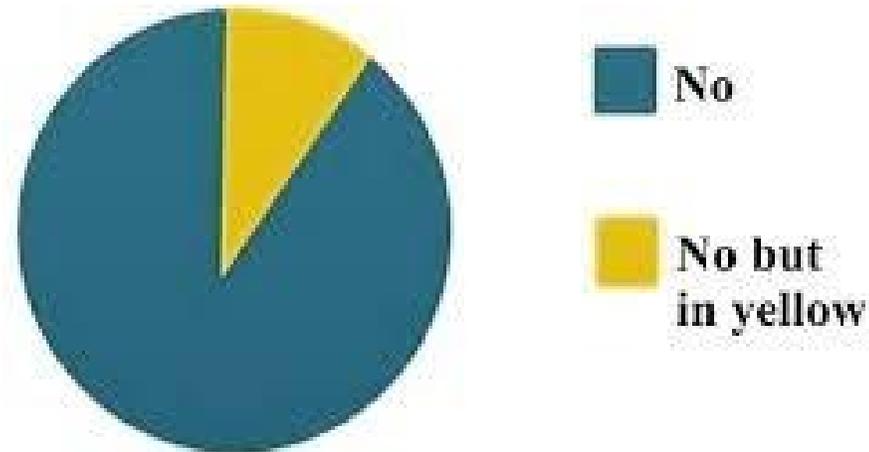
What has been your **biggest struggle** as you try to lead your school from home?

- A. Self-care
- B. Setting boundaries
- C. Supporting my children
- D. Making time for my spouse
- E. Figuring out where all of the food I bought yesterday has gone
- F. Laundry

Struggle #1: Principal AND Parent?

- Setting Boundaries
- Scheduling
- Physical Space

Is it possible to ~~teach~~^{Principal} remotely
and homeschool my own kids?



Setting Boundaries

- Setting “Office Hours”
- Turn off phone/email
- Only discuss school with fellow educators during your working hours

Scheduling

- Your schedule
- Children's schedules


psychedmommy
 Phoenix, Arizona

Quarantine Schedule

@psychedmommy

| Some moms: | Other moms: |
|----------------------|-------------|
| 7am Breakfast | Schedules |
| 8am Free play | Stress |
| 9am Chores | Me |
| 10am Snack | Out |
| 11am Reading | We |
| 12pm Lunch | Will |
| 1pm Nap/Quiet Time | Survive |
| 3pm Snack | One |
| 4pm Outdoor activity | Minute |
| 5pm Craft | At |
| 6pm Dinner | A |
| | Time |

Physical Space

- Consider creating work space away from where you spend most of your time at home.



@principalinboots

Struggle #2: Or is it Parent AND Principal?

- Supporting children
- Stress
- Talking with Children
- Family time
- Self-Care
- Making time for our significant others



Parenting During The Pandemic

Notice What's Going Well



We could all use a little extra encouragement

High fives and praise go a long way

Plan (a little)



Make transitions easier by talking together about what's happening next

Get Down On Their Level



Sit on the floor and let yourself play / be goofy

Imagination can be a mini-vacation for you too

Give Good Directions



What can my kid actually do in their current mood?

Doing it with them or giving choices might help

Take a Step Back



It's OK to take a few minutes when you're feeling overwhelmed

Choose Non-Reactivity



Notice your emotions before responding

Practice coping-thoughts for when things get hectic

Reset & Move On



We're all going to mess up.

RESET & Move on!

Be Generous With Affection



Give more hugs, kisses, lap sits, & squeezes

Physical touch helps little humans manage stress

ParentingDuringThePandemic.com

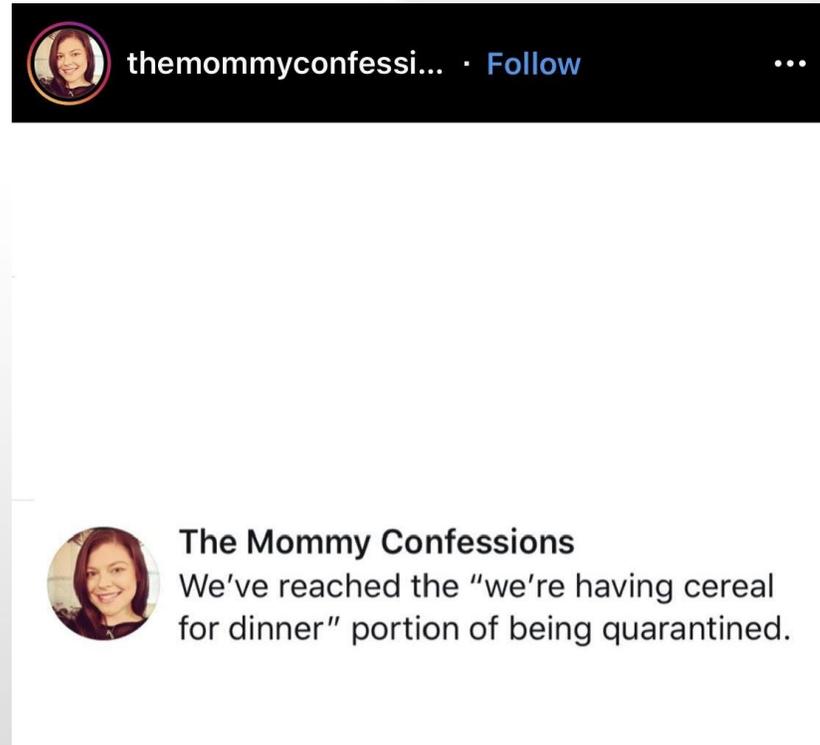
Infographic by Jessica Flannery & Leslie E. Roos



Poll Question #2

What gets **out of hand** fastest at your house during this pandemic:

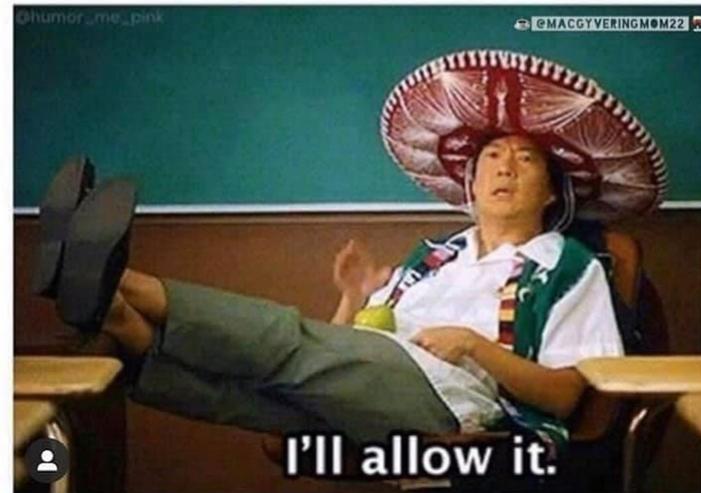
- A. The Laundry
- B. The Dirty Dishes
- C. Disappearing food
- D. Hungry kids



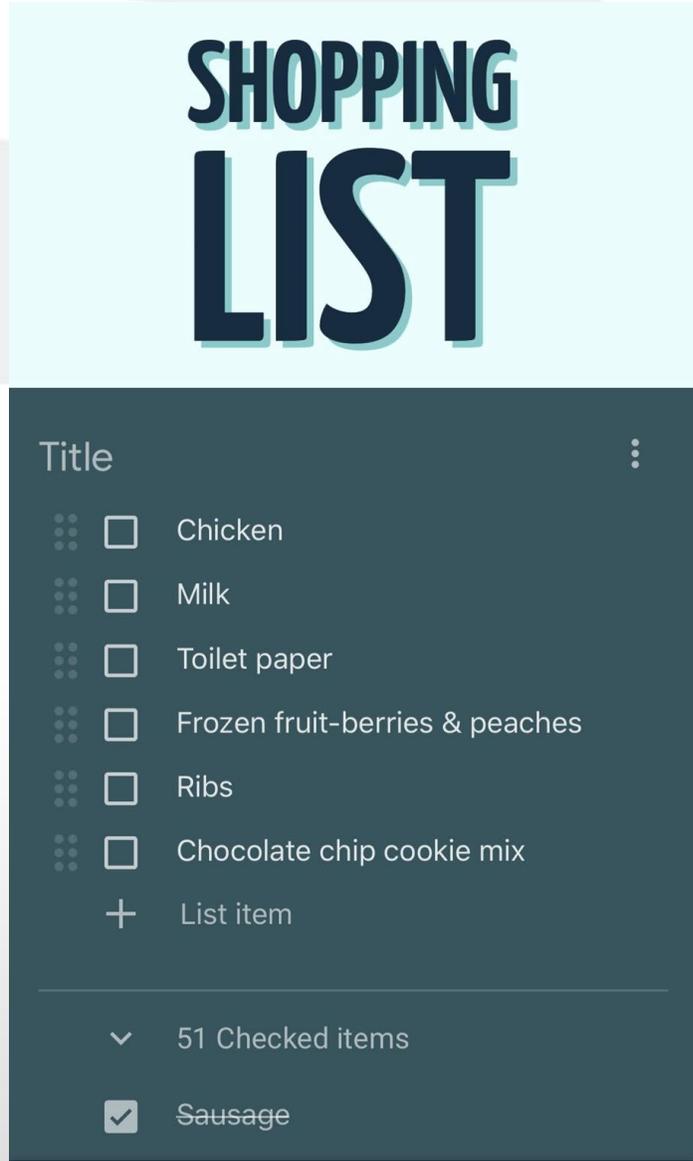
Struggle #3: Principal, Parent...and FULL-TIME Chef & Housekeeper?

- Share your secrets for:
- Meals and meal planning for (gasp) 3 meals a day.
- Grocery Shopping or list making
- Housekeeping

When you catch your kids eating a family size bag of tortilla chips for breakfast but then realize you don't have to cook



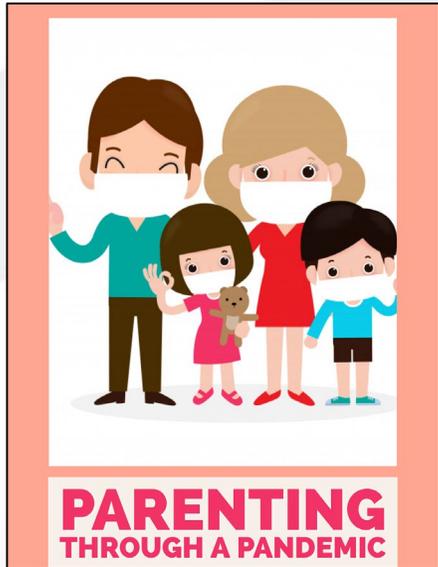
- Shopping
 - Google Keep
 - iOS Notes App
- Housework
 - Divide & Conquer



Positives of Parenting during a Pandemic?

- What are the **positive** aspects to the Coronavirus quarantine?
 - Time with children/family
 - Home Improvement
 - Decluttering
 - Focus on self and hobbies
 - Saving money

Principal(ing) in Place Challenge:



Snap a picture of a **way you are parenting** during the pandemic or a **parenting tip** this week & share it!

Use **#PrincipalingInPlace** to win!

Next week's topic:

Tales from a Leader: Ways to infuse literacy into your virtual leading

Guest Presenter



Todd Nesloney

@techNinjaTodd