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

Jessica Cabeen
Principal, Ellis Middle School
Austin, MN
jessica.cabeen@austin.k12.mn.us

@JessicaCabeen

Dr. Rachael George
Principal, Sandy Grade School
Sandy, OR
rachael.george@ortrail.k12.or.us

@DrRachaelGeorge

Dr. Andy Jacks
Fellow, NAESP Center for Innovative Leadership
Principal, Ashland Elementary
Manassas, VA
jacksam@pwcs.edu

@_andyjacks
LEADERSHIP LESSONS

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

NAESP.ORG/CIL  #NAESPcIL
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!

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”

Fat chopped salad
Principaling in Place Challenge: Way to go! Congratulations!!

Melissa Kartsimas
@TeacherMelissa

Trying to spread some love and hope to #thebeststaffEVER ❤️ 🌸 #PrincipalingInPlace

Principal Langton
@PrincipalLangton

My attire for staff Friday morning “Drop In” chat! Smiles mean a lot right now!! Leaders need to set the tone for others to Relax, Relate, Release! #ADifferentWorld #PrincipalingInPlace #principalsinaction #LeadLAP
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 days.

@SNOOZEFLESHBYJAYNEHAVENS
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
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
Physical Space

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

www.naesp.org  @naesp  @thenaesp  #PrincipalingInPlace
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

The Mommy Confessions
We’ve reached the “we’re having cereal for dinner” portion of being quarantined.
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
- 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