



4/14/20

Dear Parents and Guardians-

Orchard Place continues to monitor the COVID-19 situation. You will continue to receive regular Orchard Place Campus updates via email as the situation evolves. You can also reference all parent communication on the Campus page of the Orchard Place website at: <https://www.orchardplace.org/services/orchard-place-campus>.

Here are today's updates and reminders-

1. We have received 4 additional iPhones, one for each building, to increase video chatting capability. If you have an iPhone, you can now Face Time with your child. For Android users, these phones also have the capability for Skype. Please see attached updated Parent Video Chatting Instructions for phone numbers and details.
2. Ana Gomez is a child therapist and an Eye Movement Desensitization Reprocessing practitioner extraordinaire. With all the changes and stress we have all been trying to come to terms with, Ana wrote a book that can help us explain the virus to children. Ana is offering pdf version of the book for free. If you need help explaining what is going on in the world right now to the children in your life, please use this free resource.

Click this link to access the pdf: [AnaGomez_OysterandtheButterflyMar312020](#)

Click this link to access the Spanish Version: [AnaGomez_OysterandtheButterfly_Spanish](#)

Click this link for a narrated Version on [YouTube](#)

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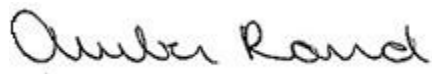
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3. One focus of the Trust Based Relational Intervention model we use with all campus kids is about Rituals. An important way to build and maintain connections with kids can be through Rituals. We know some of the rituals you used to do involved in-person communication. Let's get creative to think about how we can modify those rituals via phone calls or video chatting.

Talk with your child's therapist to brainstorm new ideas such as ending your calls/video chats with a certain statement, letting your child see their pet on their video chats, sharing fun items each of you did for the day or doing a Community Meeting. These rituals will bring your child comfort and support while maintaining connection during these challenging times.

These are unprecedented times for everyone and can be challenging to navigate. We encourage you to continue to utilize your own self-care plans and social support systems. As always, your child's therapist or building supervisor are available to discuss your concerns or questions.

Sincerely,



Amber Rand, LMHC, IAADC
Campus Vice President



Dr. Stephen R. Mandler
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