



Kwa Familia

Likizo ya msimu wa kiangazi ipo wazi! Na mipango ya msimu wa kiangazi ya Vermont yanavutia kwa kila familia.

Watoto na vijana wetu wamefanya kazi ya kipekee wakati wote wa janga kwa kufuata miongozo iliyowekwa na watu wazima wanaowajali katika nyumba na jamii zao. Wamekumbana na usugu wa kukosa uhakika na mabadiliko ya kila wakati, ambayo yameongeza uwezo wao wa kubadilika na wakati mwingine hofu yao ya kujaribu mambo mapya.

Tunafurahi kuingia katika awamu inayofuata ya janga wakati itakuwa salama tena kuwapa watoto na vijana wetu mchanganyiko wa kuisimua wa shughuli za kuwaimarisha – kuanzia sanaa, uhandisi na utunzaji wa bustani hadi miradi ya timu, michezo ya shughuli na uchunguzi wa nje. Sasa zaidi ya hapo awali, mipango ya msimu wa kiangazi yana fursa zisizo za kawaida kusaidia watoto kugundua mambo mapya na kutoka ndani ya janga hili wakiwa imara, jasiri na wenye matumaini.

Mipango ya msimu wa kiangazi katika Vermont yote yanatoa:

- Wafanyakazi wanaojali, waliofunzwa
- Shughuli za burudani, na zinazoimarisha watoto wa kila umri
- Fursa kwa watoto kuungana tena na kupata marafiki wapya
- Wakati wa kuchunguza mandhari nzuri nje, kucheza bila kujali na michezo yenye ubunifu

Mipango inafuata mwongozo wa usalama wa COVID-19, kama unavyotolewa na Vituo vya Udhibiti na Kuzuia Magonjwa, Chama cha Wataalamu wa Watoto cha Marekani na Idara ya Afya ya Vermont.

Ramani ya mipango ya msimu wa kiangazi:

Bofya kwenye kiungo hiki ili uangalie mipango ya msimu wa kiangazi iliyopo karibu nawe:

<https://www.vermontafterschool.org/summermap/>

Na ikiwa hutopata unachohitaji, [tujulishe](#) ili tuweze kusaidia kujaza pengo hilo!

Jinsi ya kuzungumza na watoto wako na kupanga:

Watoto wanahitaji msimu salama wa kiangazi, wenye usaidizi uliojaa shughuli za kufurahisha, zinazowaimarisha katika mwaka huu zaidi ya hapo awali. Baada ya miezi kadhaa ya shule ya masomo ya mtandaoni na kujitenga kijamii, msimu huu wa kiangazi unatupa fursa ya mabadiliko kwa watoto wa kila umri. Hapa kuna baadhi ya vidokezo vya kusaidia vijana katika kubadilisha shughuli ili kwenda mipango ya msimu wa kiangazi ya ana kwa ana.

Je, mzazi/mlezi anaweza kutarajia nini wakati anatoa maoni haya na kuhudhuria shughuli hizi?

- Watoto wanaweza kuwa wamejifunza kwa busara jinsi ya kukabiliana na hali hii kwa kutopanga mapema, kutarajia mipango au kujitosa katika vikundi vya kijamii. Kwa hivyo wanaweza kuwa wangependa tu kuwaza kuhusu siku za usoni.
- Watoto wanaweza kuwa na hisia kinzani na kutokuwa na uhakika kuhusu mambo ambayo wangependa kufanya.
- Watoto wanaweza kupendelea kukaa nyumbani na katika eneo ambalo wamezoea la chaguo zao za burudani badala ya kuchunguza vikundi vya kijamii na shughuli za jamii.
- Watoto wanaweza kununa au kuchukia wakati wazazi/walezi wanapositiza kufuata mipango.

Wazazi/walezi wanapaswa kufanya nini wanapokabiliwa na mwitikio huu?

- Ruhusu mtoto/kijana wako ajue kuwa hisia, mawazo, na vitendo hivi vyote ni miitikio ya busara na yenye ubunifu kuhusiana na msongo wa mawazo na ugumu wa mwaka uliopita. Mfano "Naelewa kabisa kwamba unajisikia hivi. Umezoea 'kutofanya' na sasa nakusukumia ufanye kinyume."
- Inasaidia kuweka matarajio wazi kwa shughuli zenye siha na kisha kutoa chaguo ndani ya matarajio hayo. Mfano "Ningependa uchague mojawapo ya chaguo hizi. Je, unapendelea lipi zaidi?"
- Endelea kujikumbusha kuwa huu ni "msongo mzuri wa mawazo" na kama wazazi hatupaswi kukabiliana na msongo mzuri wa mawazo kwa kuuondoa. Badala yake tunafundisha ustadi wa kukabiliana na msongo wa mawazo, ili watoto wetu wajifunze ustahimilivu na wahisi kana kwamba tunaamini uwezo wao.

Je, tunawezaje kujiandaa kwa kambi/shughuli ikiwa mtoto wangu bado anasita kushiriki?

- Tembelea eneo halisi kabla ya wakati.
- Andaa orodha ya maswali/wasiwasi pamoja na mtoto wako na upige simu kupata maelezo zaidi.
- Anza kutoka nje zaidi kwenye jamii kwa safari fupi kwa njia salama ili kuzoea maeneo ya nje na vikundi vya watu.
- Jiandae zaidi ya kawaida- andaa orodha ya vifaa vya kuleta na jipange kabla ya wakati.
- Ruhusu hali ya kuanza taratibu na kushiriki kwa muda mfupi (yaani, hudhuria kwa saa chache siku ya kwanza na uendelee kuongeza muda- hata ikiwa ni wiki moja tu).
- Kuwa wazi kuhusu malengo na kipaumbele. Hii inahusu kuzoea tena hali za kijamii kama ilivyo kuwa ni hali halisi.
- Kuwa mtulivu. Ikiwa watu wazima wanaharakishwa na kuwa wagumu, hiyo itafanya upinzani wa mtoto kuzidi.

- Toa motisha na himiza kwenda na kujaribu mambo. Tunapokuwa na msongo wa mawazo, tunahitaji motisha zaidi kutoka kwa watu wengine.
- Piga simu na uzungumze na mfanyakazi wa mpango ili kuelezea wasiwasi wako na uandae mpango. Omba kuhakikishiwa hatua za usalama (picha na video kutoka kwa mpango zinaweza kusaidia sana).

Ni sawa tu kumwandikisha mtoto au kijana wako katika mpango hata ikiwa hauna uhakika atahudhuria. Endapo unaamini mtoto au kijana wako atahitaji msaada zaidi, zungumza na mfanyakazi wa mpango kuhusu kile mtoto wako anaweza kuhitaji na kuhusu chaguo zinazopatikana. Unaweza pia kuuliza kuhusu ya sera ya kughairi mpango ili uone ikiwa kuna uwezekano wa kubadilisha, ikiwa ni pamoja na iwapo mtoto wako anahitaji muda wa kuzoea katika siku chache za kwanza. Ruhusu mabadiliko taratibu wakati wa kurejea kwenye shughuli za kijamii na ushiriki wa jamii na uombe msaada unapouhitaji.

Viungo na Nyenzo kwa Familia

Sio siri kwamba watoto wengi wamepata msongo wa mawazo, wasiwasi na kujitenga kijamii baada ya miezi ya karantini na kufungiwa. Si kwamba tupo hapa kusaidia tu mipango ya kufurahisha, na kurahisisha msimu wa kiangazi kwa watoto wa kila umri, lakini pia tungependa kuchangia nyenzo zinazojumuisha maarifa na vidokezo ambavyo vinaweza kusaidia familia kumaliza janga hili zikiwa imara, jasiri na zenye matumaini.

- Idara ya Afya ya Akili ya Vermont: [Nyenzo za COVID kwa familia na watu binafsi](#)
- CDC: [Zana ya Nyenzo za Malezi za COVID-19](#)
- National Association of School Psychologists: [Kusaidia Watoto Kukabiliana na Mabadiliko Yanayotokana na COVID-19](#)
- USA Today: [Mafunzo wakati wa Malezi ulimwenguni baada ya janga](#)
- Kwa watoto wadogo: [Kinachofuata: Kurejelea Huduma ya Utunzaji wa Watoto Kufuatia Kubaki Nyumbani](#)
- The Atlantic: [Jinsi ya kuwarejesha watoto wetu katika hali ya kawaida](#)
- Self Magazine: [Ustahimilivu Ni Nini, na Unaweza Kutusaidia Kurejea Maisha ya Kawaida Baada ya Hili?](#)
- Edutopia: [Mikakati ya Kujifunza Kijamii na Kihisia kwa Wazazi](#)
- EdSurge: [Njia 10 Wazazi Wanaweza Kufikisha Mafunzo ya Kijamii na Kihisia Nyumbani](#)
- Huduma ya Kwanza ya Afya ya Akili: [Vidokezo vya Kuwasaidia Watoto na Vijana Kutunza Afya Yao ya Akili Wakati wa COVID-19](#)
- [COVID Support VT](#)





For Families

Summer is wide open! And Vermont summer programs have something for every family.

Our children and teenagers have overall done an exceptional job throughout the pandemic by following guidelines set by caring adults in their homes and communities. They have experienced chronic uncertainty and constant change, which has increased their flexibility and sometimes their hesitancy to venture out.

We are excited to move into the next phase of the pandemic when it will again be safe to offer our children and teens an exciting mix of enriching activities—from arts, engineering and gardening to team projects, active games and outdoor exploring. Now more than ever, summer programs have an extraordinary opportunity to help kids make new memories and emerge from this crisis strong, resilient and hopeful.

Summer programs across Vermont offer:

- Caring, trained staff
- Fun, enriching activities for kids of all ages
- Opportunities for kids to reconnect and make new friends
- Time for exploring the great outdoors, free play and creative games

Programs follow COVID-19 safety guidance, as provided by the Centers for Disease Control and Prevention, American Academy of Pediatrics, and Vermont Department of Health.

Summer program map:

Click on this link to check out the summer programs near you:

<https://www.vermontafterschool.org/summermap/>

And if you don't find what you need, [tell us](#) so we can help fill the gap!

How to talk to your children and plan:

Kids need a safe, supported summer filled with fun, enriching activities this year more than ever before. After months of virtual school and social isolation, this summer has the power to be a game changer for kids of all ages. Here are some tips for helping youth with the transition to in-person summer programs.

What could a parent/caregiver expect when bringing up these ideas and attending these activities?

- Kids may have wisely learned to cope with this situation by not planning ahead, looking forward to plans, or venturing out into social groups. So they may only want to think about the near future.
- Kids may be ambivalent or genuinely unsure what they want to do.
- Kids may find staying home and in the comfort zone of their current recreational options more enticing than navigating social groups and community activities.
- Kids may be grumpy or irritated when parents/caregivers are persistent with planning.

What should parents/caregivers do when facing these responses?

- Let your child/teen know that all of these feelings, thoughts, and actions are wise and creative responses to the stress and adversity of this past year. Ex. "It makes total sense to me that you feel this way. You have gotten used to 'not doing' and now I am pushing you to do the opposite."
- It is helpful to set a clear expectation for healthy activity and then offer choice within that expectation. Ex. "I would like you to choose one of these options. Which one are you most interested in?"
- Keep reminding yourself that this is "positive stress" and as parents we should not respond to positive stress by taking it away. Rather we teach coping skills to face the stress, so our children learn resilience and feel as though we believe they are capable.

How can we get ready for the camp/activity if my child remains reluctant?

- Go and visit the actual site ahead of time.
- Make a list of questions/concerns with your child and call to get more information.
- Start going out more in the community for short outings in safe ways to get used to being places with groups of people.
- Over prepare- make a list of what to bring and be organized ahead of time.
- Allow for a shorter or more gradual start (i.e., go for a shorter time day one and work up- even if it's only a week).
- Be clear about the goal and priority. This is as much about getting used to social experiences again as it is the actual experience.

- Stay calm. If the adults get rushed, urgent, and rigid, that will make the child's resistance worse.
- Offer incentives and reinforcement for going and trying things out. When we are stressed, we need more external motivation.
- Call and talk to program staff to express your worries and make a plan. Ask for reassurance around safety measures (photos & videos from the program can be very helpful).

It is okay to sign your child or teen up for a program even if you aren't sure they will go. If you believe your child or teen will need extra support, talk with the program staff about what your child might need and what options are available. You can also ask about the program's cancellation policy to see if there is flexibility, including if your child needs to ease into the first few days. Allow for a gradual transition back into social activities and community-based engagement and ask for help when you need it.

Links and Resources for Families

It's no secret that many kids have experienced stress, anxiety and social isolation after months of quarantine and closures. Not only are we here to help with fun, flexible summer programs for kids of all ages, but we also want to share resources with expert insights and tips that can help families emerge from this crisis strong, resilient and hopeful.

- Vermont Department of Mental Health: [COVID resources for families and individuals](#)
- CDC: [COVID-19 Parental Resources Kit](#)
- National Association of School Psychologists: [Helping Children Cope With Changes Resulting From COVID-19](#)
- USA Today: [Scaffold Parenting in a post-pandemic world](#)
- For young children: [What Comes Next: Back to Child Care Following Shelter-in-Place](#)
- The Atlantic: [How to get our kids back on track](#)
- Self Magazine: [What Is Resilience, and Can It Help Us Bounce Back From This?](#)
- Edutopia: [Social Emotional Learning Strategies for Parents](#)
- EdSurge: [10 Ways Parents Can Bring Social-Emotional Learning Home](#)
- Mental Health First Aid: [Tips to Help Children and Youth Take Care of Their Mental Health During COVID-19](#)
- [COVID Support VT](#)

