



RAPID RESPONSE
VIRTUAL HOME VISITING

Navigating Separation Anxiety in the Time of COVID

September 15, 2021

RR-VHV Resources

Institute 
for the Advancement of
Family Support Professionals

Your Dashboard All Modules Your Compass Hi Red

RAPID RESPONSE VIRTUAL HOME VISITING

The Rapid Response-Virtual Home Visiting collaborative (RR-VHV) will provide best practice principles and strategies to support all home visiting professionals in maintaining meaningful connection with families during this time of increased anxiety and need.

Through collaboration, the RR-VHV will leverage the extensive resources and expertise that exists across home visiting organizations to support the development and distribution of cross-model, cross system approaches and guidance.

Providing immediate support for our front-line home visiting staff and the families they serve is our highest priority.

The RR-VHV is committed to creating processes to facilitate collaborative content development and shared decision making.

Resources

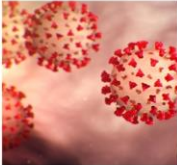
Frequently asked questions

Want to help?

If you would like to support our efforts, please let us know!

Contact the RR-VHV for more information


Available Webinars



Home Visiting Models and COVID 19 Response
(Friday, April 3, 2020)

If you are having difficulties accessing the webinar, click here to download the video.

Learn how HRSA and national home visiting models are responding to the COVID 19 crisis. The discussion will explore needs and priorities from the field, model guidances, resources available to support current efforts and responses from federal, state and local levels.



Virtual Visit Readiness

Learn the basics of using different types of technology to connect with families.

Available Resources:
Readiness Reflection (pdf)
Troubleshooting Tips (pdf)

Guiding Principles

Accessible:

- All materials will be provided free of charge and made accessible to providers through the website and other platforms.
- All information and resources shared will be designed to meet the needs of all home visiting professionals.
- All materials developed as a result of this project will remain available to support future needs of the field.

Strength-based:

- Include as many provider networks as possible in content and resource development.
- All providers bring unique and important views. Expertise will be sought based on content area and specific needs.
- Every effort will be made to be as inclusive as possible. However, it is important to remember that no one individual or organization is expected to have expertise in every area. Please assess your own areas of strength and capacity to determine those areas in which you believe it is most important to be involved.

Shared Responsibility

- The RR-VHV will create a streamlined process for information gathering and sharing that is inclusive of all providers.
- It will be up to each provider network to determine the most efficient way for inclusion in rapid decision making and content review.
- To maintain a rapid response framework, we:

Webinar recordings, slide decks, and supporting documents are available at:

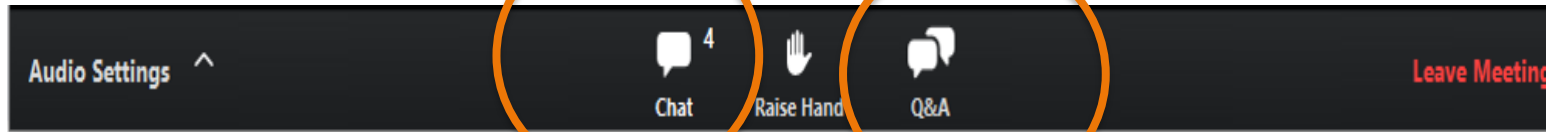
<https://institutefsp.org/covid-19-rapid-response>



Please use the Q&A box to submit your questions.

Please use the chat box to respond to questions that we ask you!

Thank you!



Objectives

- Explore the perspectives of children, parents, and providers about separation anxiety
- Learn strategies for supporting families navigating separation anxiety in their children

National FSP Competencies

- Domain 1: Infant and Early Childhood Development
 - Dimension 1-Typical and atypical development
- Domain 2: Child Health, Safety, and Nutrition
 - Dimension 6-Infant mental health
 - Dimension 7-Child health and wellness
- Domain 3: Parent-Child Interactions
 - Dimension 11-Influences on parenting
 - Dimension 12-Parent-child relationship
 - Dimension 13-Developmentally appropriate guidance
- Domain 4: Dynamics of Family Relationships
 - Dimension 14-Healthy family functioning
 - Dimension 15-Influences on family well-being
- Domain 5: Family Health, Safety, and Nutrition
 - Dimension 18-Mental health

Engagement Opportunity

What age groups do the families you work with have in their homes?

- Birth-3
- 4-5
- 6-8
- 9-12
- 13+





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What is Separation Anxiety

- Normal part of development for infants and toddlers
 - Peaks between 10-18 months
 - Ends by 3 years
- Fear that a caregiver will leave and not return
 - Separations as temporary
- Object permanence

Signs of Separation Anxiety

- Crying when you leave the room
- Clinging or crying, especially in new situations
- Awakenings and crying at night after previously sleeping through the night
- Refusal to go to sleep without a parent nearby

Effects of COVID-19 Pandemic Quarantine

- Out of the routine
- COVID-related fears
- Caregiver-hesitancy



Photo by [Solen Feyissa](#) on [Unsplash](#)

Separation Anxiety and Families

- Tension
- Worry/concern
- Little to no dialogue/ more quiet than usual
- Intimidated or overwhelmed by new system
- Vulnerable



What have been your experiences with transitions? Share some strategies that have worked for you.

Strategies/Ideas for Home Visitors

- Talking with families about transitions before they take place
 - Acknowledge what to expect
 - Setting up fun activities in the new environments
 - Turn the “unknown” into the “known”

Strategies/Ideas for Families

- Comfort and reassure your child when he or she is afraid.
- Encourage independence.
- Tell your baby you are going to another room and that you will be back. Then come back.
- Plan your separations when your baby is rested and fed.
- Introduce new people and places gradually.
- Don't prolong good-byes.
- Introduce an object such as a blanket or soft toy to help ease separations.
- For night awakenings, comfort and reassure your child by patting and soothing.



What is Separation Anxiety Disorder (SAD)

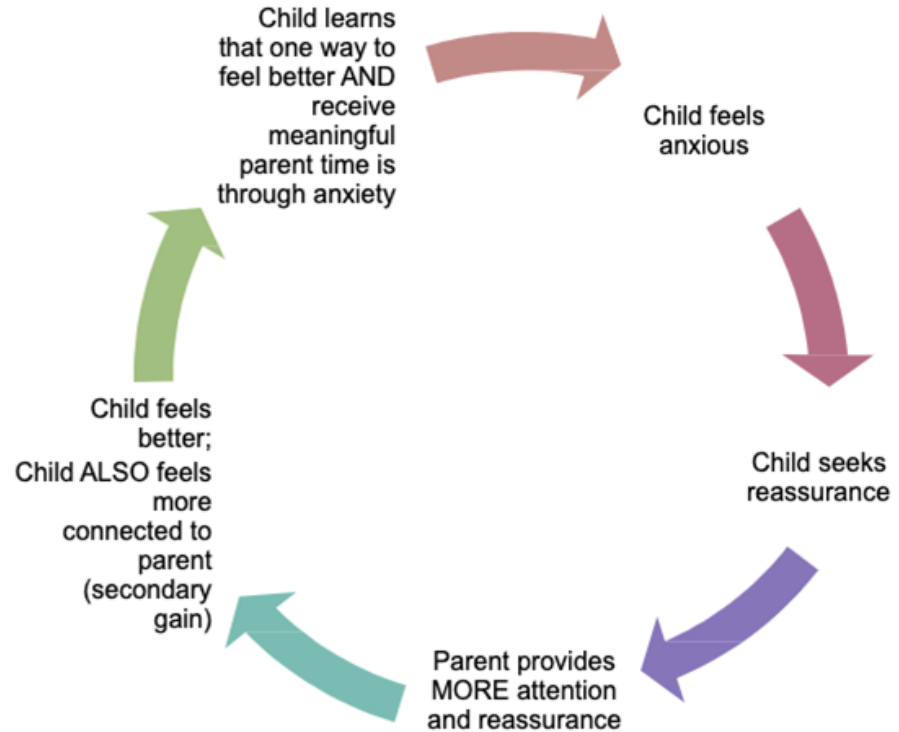


Signs of SAD

- clinging to parents
- extreme and severe crying
- refusal to do things that require separation
- physical illness, such as headaches or vomiting
- violent, emotional temper tantrums
- refusal to go to school
- poor school performance
- failure to interact in a healthy manner with other children
- refusing to sleep alone
- nightmares

Common Caregiver Responses

- Accommodation
- Parallel process for home visitor



Strategies for Caregivers

- Validate emotions
- Model calm
- Help them think flexibly
- Practice separating
- Reinforce absence of feared outcome
- Create a routine



Image by @noranibaby on: <https://norani.com/blogs/blog/dos-and-donts-of-separation-anxiety>

When to Look for Help

- Persistence
- Severity
- Time
- Cognitive Behavioral Therapy (CBT) --> gold standard
- Parent-training



Questions



Wrap-up and Reflection



Credits

We extend a special thank you to the team that created this webinar:

- Casey Amayun, Rapid Response Virtual Home Visiting
- Diana A. Chapa, Avance
- Joelfre Grant, Brazelton Touchpoints Center
- Eva Rivera, Brazelton Touchpoints Center
- Niza Tonarely-Busto, Ph.D., University of Miami

