

# Pediatric Psychologist and Dad of Two Takes His Own Advice for Building Resilience in Children During Pandemic

Survey finds two-thirds of parents worry the mental health effects of the pandemic on their kids will be harder to reverse the longer it continues

Nationwide Children's Hospital

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Package Length: 1:43	Content provided by: <b>Nationwide Children's Hospital</b>

## NEWS PACKAGE

<b>SUGGESTED TEASE</b>	AS THE COVID-19 PANDEMIC WEARS ON, A NEW SURVEY FINDS PARENTS WORRY THE IMPACT TO THEIR CHILDREN'S MENTAL HEALTH WILL BE DIFFICULT TO OVERCOME. COMING UP, TIPS FROM A PSYCHOLOGIST ON HOW HE IS HELPING HIS OWN KIDS COPE AND BUILD RESILIENCE.
<b>ANCHOR LEAD</b>	WITH THE HOLIDAYS HERE AND AS THE COVID-19 PANDEMIC CONTINUES THROUGH THE COLD, WINTER MONTHS, A NEW SURVEY FINDS MANY PARENTS ARE WORRIED ABOUT THEIR CHILDREN'S ABILITY TO CONTINUE TO COPE WITH LIFE AND THE EVENTS AND TRADITIONS THEY'RE MISSING OUT ON. A CHILD PSYCHOLOGIST SHOWS US HOW HE'S BUILDING RESILIENCE IN HIS OWN KIDS AND HOW PARENTS CAN USE WHAT HE'S LEARNED. BARB CONSIGLIO HAS THE DETAILS.
<b>(PACKAGE START) -----</b> CG: Courtesy: Nationwide Children's Hospital :00 - :03 Shots of Huston showing the learning room	(Nats - Sound) :02  <i>"We put a chalkboard on the wall because why not make an adjustment like that? The kids think it's fun. We can practice math problems or writing and spelling and things like that."</i> :10
Shots of kids using learning room	THE HUSTON'S DINING ROOM IS NOW A LEARNING ROOM FOR THEIR TWO KIDS. :04
Shot of Dana helping Fitz write letters	(Nats of Dana working with Fitz) "...and across. Good. You did it!" :02
Shots of Huston with family	AS A PSYCHOLOGIST AT NATIONWIDE CHILDREN'S HOSPITAL, PARKER HUSTON SPEAKS WITH COUNTLESS FAMILIES ABOUT COPING WITH STRESS AND BUILDING RESILIENCE IN THEIR KIDS DURING THIS CHALLENGING TIME. IT'S SOMETHING HE'S NOW PUTTING INTO PRACTICE IN HIS OWN
Shots of Huston playing with kids	

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<p><b>CG: Parker Huston, PhD</b>  <b>Nationwide Children’s Hospital</b></p> <p>Shots of kids playing (blur for graphic)</p> <p><b>Graphic: COVID-19 Parents Survey</b>  -2/3 worried mental health effects will be harder to reverse as the pandemic continues  -Nearly 3 in 5 running out of ways to keep kids positive</p> <p><b>Parker Huston (CG’d earlier)</b></p> <p>Shots of learning area</p> <p>Shots of slide in basement</p> <p>Shots of parents and kids</p> <p>Shots of Ansley on tablet</p> <p><b>Parker Huston (CG’d earlier)</b></p> <p>Shot of kids going down slide together  <b>(PACKAGE END)</b> -----</p> <p><b>ANCHOR TAG</b></p>	<p>HOUSEHOLD. :12</p> <p><i>“As parents, I think it’s on us to be a little bit creative this year, thinking through what are some activities, what are some ways they can stay connected, what are some ways that they can get their energy out this winter.” :14</i></p> <p>A NEW NATIONAL SURVEY BY NATIONWIDE CHILDREN’S HOSPITAL FINDS TWO-THIRDS OF PARENTS ARE WORRIED THE EFFECTS THE PANDEMIC IS HAVING ON THEIR CHILDREN’S MENTAL HEALTH WILL BE HARDER TO REVERSE THE LONGER IT CONTINUES.</p> <p>THE SURVEY ALSO FINDS NEARLY THREE IN FIVE PARENTS FEEL THEY’RE RUNNING OUT OF WAYS TO KEEP THEIR KIDS POSITIVE.</p> <p>BUT DOCTOR HUSTON SAYS KIDS ARE INCREDIBLY ADAPTIVE WITH THE RIGHT SUPPORT.  :20</p> <p><i>“They’re constantly changing and adapting to new things and learning new things, so the biggest thing that they probably react to is how the adults in their lives are responding.” :11</i></p> <p>IT’S IMPORTANT TO ADJUST YOUR HOME ENVIRONMENT TO CREATE AS MUCH STRUCTURE AND NORMALCY AS POSSIBLE, WITH DESIGNATED SPACES FOR LEARNING, ALONE TIME AND PLAY. :08</p> <p><i>(Fitz going down slide) Dr Huston: 16:12:48 “High five me on the way down.” :02</i></p> <p>EVEN DOCTOR HUSTON WAS AMAZED AT HIS DAUGHTER’S ABILITY TO SEE THE BRIGHT SIDE WHEN SHE GOT THE NEWS THAT HER SPECIAL ART ACADEMY WOULD NOW BE VIRTUAL. :07</p> <p><i>“She looked right at me and said, “You know, now that I get to do it at home, I’m a little bummed that I won’t be at school, but now my brother can do it with me and I can show him all the projects and maybe he can do some too.” :11</i></p> <p>AT NATIONWIDE CHILDREN’S HOSPITAL, THIS IS BARB CONSIGLIO REPORTING. :02</p> <hr/> <p>DOCTOR HUSTON IS THE CLINICAL DIRECTOR OF “ON OUR SLEEVES”, A MOVEMENT TO TRANSFORM CHILDREN’S MENTAL HEALTH THAT OFFERS RESOURCES TO PARENTS SUCH AS CONVERSATION STARTERS AND WARNING SIGNS OF DEPRESSION AND ANXIETY.</p> <p>YOU CAN ALSO FIND TOOLS AT</p>
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	ON-OUR-SLEEVES-DOT-ORG TO HELP KIDS STAY POSITIVE AND ENGAGED THROUGH THE PANDEMIC, SUCH AS WAYS TO FIGHT BOREDOM, CREATE A SCHEDULE AND IMPLEMENT NEW HABITS.
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**SOCIAL MEDIA**

 <b>Share it! Suggested tweet:</b>	As the COVID-19 pandemic wears into the cold, winter month, a psychologist at <a href="#">@NationwideKids</a> shows us how he's building resiliency at home with his own kids and how parents can use what he's learned. <a href="https://bit.ly/3pGuEzw">https://bit.ly/3pGuEzw</a>
 <b>Suggested post:</b>	A new survey by <a href="#">Nationwide Children's Hospital</a> finds 2/3 of parents worry the effects of the pandemic on their children's mental health will be more difficult to recover from the longer it goes on. But psychologist Parker Huston says kids are incredibly adaptable when given the right support. And he shows us how he's building resilience with his own kids during the pandemic. <a href="https://bit.ly/3pGuEzw">https://bit.ly/3pGuEzw</a>

**EXTRA BITES**

<b>CG: Parker Huston, PhD Nationwide Children's Hospital</b>	<p>Huston says it can be hard for kids to miss out on holiday traditions: <i>"Kids have expectations, they have a history, they have memories, and so when we have to tell them things are going to be different this year it can be hard for them to accept, especially if we're going to seemingly miss out on some of their favorite parts of the holiday season."</i> :14</p> <p>Huston says everyone is dealing with difficult changes and has the need for resilience in these times: <i>"Resilience is a big term, but really when you break it down it's our ability to adapt to difficult changes in our lives. And we all have to do that at various times, it just happens that right now is a prolonged period of that for pretty much everybody across the country."</i> :17</p> <p>Huston says he's been impressed by her daughter's adaptiveness: <i>"My daughter has been really impressive to me because she pretty quickly adapted. She'll now remind me, 'Oh, dad, I have to get my extra mask this morning to take to school,' or, 'I've got only two more apps to do and then I'm done with my day.'" :15</i></p>
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<p><b>CG: Dana Huston</b> Mom of two</p>	<p>Dana describes how she talks to her kids about the pandemic: <i>“I talk a lot about how this is just temporary. We are making these changes, we are staying home more often, we aren't going to parks, we aren't going to restaurants, we're not eating out, we're wearing masks, because this is temporary. We need to get this under control now so that we can go back and have our more traditional life.”</i> :18</p> <p>Dana says they agreed to make their own fun during these times: <i>“Since the pandemic happened, we kind of had this saying of we're going to make our own fun. We're not relying on going places and doing things, we're making our own fun here.”</i> :09</p> <hr/> <p>Ansley says her parents explained the pandemic to her: <i>“They told us what the corona is and why we have to stay home and that we can't go to parks, and that we have to wear masks.”</i> :14</p>
<p><b>CG: Ansley Huston</b> Eight year old</p>	

### References

<sup>1</sup>*On Our Sleeves: The Movement to Transform Children's Mental Health*, Nationwide Children's Hospital, 2020. Online: <https://www.onoursleeves.org/>

#### **For viewer information on this story contact:**

Nationwide Children's Hospital: (614) 355-0495

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Produced by:

**MEDIA  SOURCE**

1800 West 5th Ave.

Columbus, Ohio 43212

Phone: (614) 932-9950 Fax: (614) 932-9920

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