

Help Kids With These Three Needs During the Pandemic

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First, parents should remember that we are all born with at least three fundamental needs for surviving and thriving in life. They include: Safety, Satisfaction, and Connection.

- Safety
- Satisfaction
- Connection

Safety

It is important to reassure children they are loved and the changes that have happened in their lives are meant to keep them healthy and safe. Listen to their concerns and validate their feelings. You can teach them safe practices such as coughing into their arm, not touching their eyes, nose, or mouth, and while washing their hands they can think of three things they are grateful for. Parents can set the example for safe and healthy practices.

Satisfaction

View this unique time as special and as an opportunity to enjoy new things rather than as a challenge or scary time. You may never have this type of experience again! Find the positive and joy in this temporary new journey.

- Make a two-week bucket list of fun things you can do during this unfamiliar time
- Share items from your childhood (or theirs) including yearbooks, scrapbooks, home movies, wedding movies/albums, favorite songs, and more
- Get creative - marshmallow towers, cardboard boxes, musical instruments, paper airplanes, cushion/blanket forts, and cake walks.

Connection

- Learn about and connect with your ancestors through stories and pictures
- Write letters, send emails, or make phone calls/ FaceTime with cousins, grandparents, and other relatives
- Find a fun recipe you can make together. Let everyone help. Talk, share, listen, and laugh together as you work
- Write thank you cards or draw pictures for doctors, nurses, and other hospital staff for their hard work
- Make time to talk, watch a movie together, snuggle, set up a tent indoors, change up sleeping arrangements/rooms. Get creative and connect in meaningful ways.
- During this time of wonder and worry, the greatest gift you can give your children is you. Give them your time and attention. Do what you can to meet their three needs of safety, satisfaction, and connection during these uncertain times.



As Seen on Fox 13: Dr. Dave's Help your kids with these three needs during pandemic

More Videos by Dr. Dave

Strong Parents, Stable Children curriculum:

- [Strong Parents, Stable Children Training](#)
- [Intro & Concrete Support in Times of Need](#)
- [Parental Resilience](#)
- [Knowledge of Parenting & Child Development](#)
- [Social & Emotional Competence of Children](#)
- [Social Connections](#)

Fox 13 (and other):

- [Help your kids with these three needs during pandemic](#)
- [Now's the time for parents to get tech SAVVY](#)
- [4 keys to a better marriage by Valentines day](#)
- [Keep moving during the holidays](#)

- Conquering technoference
- Premarital education pays off
- 10 happy hacks that can make you happier
- Back to school tips for parents
- Dr. Dave Speaks
- Four travel tips for summer trips
- One million acts of kindness in 40 days
- Three ways to quit stressing about your weaknesses
- Four free ways to enjoy life more
- Five steps for a flourishing family
- Where to get a marriage tune-up before Valentines day
- Being present: Creating more 'flow' moments in our daily life
- Parenting tips for dealing with holiday stress
- Dos and don'ts for a peaceful family Thanksgiving
- Emerging adulthood
- How to be a good sports parent while playing fan, coach or referee
- The number one thing that's killing your happiness
- Tips to set you and your child up for school-year success
- Newlywed tips and traps
- Mindfulness tips for a better you
- Parenting tips for summer sanity
- Parenting advice and regrets from empty nesters
- Happy hacks for a flourishing life
- Dividing responsibilities without dividing relationships
- Tips for working together as a team

USU Extension: happy hacks

- Happiness Hacks
- How to Improve Parenting with "Make Time for 9"
- Introducing Facebook.com/Dr. Dave USU
- How to Improve Relationships by Using Gratitude
- How to Make Your Marriage Happier - Two Secrets
- How to Be Happier Using Dr. Dave's Happiness Hacks

Podcasts

Podcasts related to personal and family life

Mathews, J. (Host). (2018, February 27). David and Jamie Schramm (4). In Breakfast epiphanies. Cache Valley Family Magazine. <https://cachevalleyfamilymagazine.com/episode-4-david-jamie-schramm/>

Mathews, J. (Host). (2019, May 14). Dr. David Schramm (40). In Breakfast epiphanies. Cache Valley Magazine. <https://cachevalleyfamilymagazine.com/episode-40-dr-david-schramm/>

Ward, C. (Host). (2019, March, 19). Wisdom from parenting survivors: Regrets and tips from 400 empty-nesters (073). In Family Looking Up. <http://familylookingup.com/2019/03/19/wisdom-from-parenting-survivors-regrets-and-tips-from-400-empty-nesters-guest-dr-david-schramm-episode-73/>

Chacon, A. B. (Host). (2020, February 29). 5 happiness hacks to increase joy in your relationships with Dr. Dave Schramm (17). In Worth from within. <https://podcasts.apple.com/us/podcast/5-happiness-hacks-to-increase-joy-in-your-relationships/id1445563242?i=1000467103683>

Podcasts related to business and workplace culture

KSL News Radio (Executive Producer). (2020, February 26). Why should you treat your employees like family? In Inside sources with Boyd Matheson. https://kslnnewsradio.com/category/podcast_player/?a=bcccf3e6-a732-4150-96f5-ab6d0134ce06&sid=2104&n=Inside+Sources

Hanson, W. (Host). (2020, March 3). Are family fundamentals the secret sauce to booming business? In Better manager. <https://www.bettermanager.us/post/dr-dave-schramm-family-fundamentals-secret-sauce-to-booming-business-ep-12>

Bator, K. (Host). (2020, March 5). Applying family principles to workplace culture (137). In Cool culture corner. <https://podcasts.apple.com/us/podcast/applying-family-principles-to-workplace-culture/id1292442089?i=1000467541448>

Cherrett, K. (Host). (2020, March 5). Connection is the key to great teamwork. In Project management insights. <https://podcasts.apple.com/us/podcast/connection-is-the-key-to-great-teamwork/id1041674278?i=1000467522570>

Fitzpatrick, R. (Executive Producer). (2020, March 11). How skills learned at home can lead to business success (115). In Project management paradise. Cora. <https://projectmanagementparadise.com/episode-115-dr-dave-schramm-how-skills-learned-at-home-can-lead-to-business-success/>

The Ghannad Group (Host). (2020, March 12). Creating thriving workplaces with a culture of family (063). In The transformative leader. <https://theghannadgroup.com/blog/ttlpodcast-063>

Bator, K. (Host). (2020, March 26). Dr. David Schramm on how family principles translate into strong cultures

(005). In Credit union business. <https://open.spotify.com/episode/6PRjkJRJhs9SZY0kSfyQJC>

Walker, H. (Host). (2020, March 30). From compliance to connection: How family science enhances workplace culture. In Lead with levity. <https://leadwithlevity.com/daveschramm/>

USU Factsheets

Technoference strategies: Managing family screen time. <https://extension.usu.edu/relationships/ou-files/techostrategies.pdf>

Why stress management strategies work. <http://www.usu.edu/today/index.cfm?id=58190&nl=599>

Parenting tips for happy holidays. <https://www.stgeorgeutah.com/news/archive/2018/12/23/prc-hw-parenting-tips-for-happy-holidays-hint-dont-tell-kids-santa-wont-bring-you-toys-if/#.XEo-2s17nRY>

Dating later in life. https://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=2886&context=extension_curall

Six approaches to becoming more optimistic today. https://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=2922&context=extension_curall

Finding peace by staying present. https://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=2922&context=extension_curall

Thanksgiving with the family – tips for survival. https://extension.usu.edu/news_sections/home_family_and_food/thanksgiving-tip-for-survival

Five happy hacks for a flourishing life. <https://www.usu.edu/today/index.cfm?id=57557>

Good ideas for better health. https://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=2869&context=extension_curall

Why stress management strategies work. https://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=2923&context=extension_curall

Stress vs. anxiety. https://digitalcommons.usu.edu/extension_curall/1846

Simple ideas for better health. https://digitalcommons.usu.edu/extension_curall/1847

Supporting others coping with infertility. https://digitalcommons.usu.edu/extension_curall/1848

Strategies for dealing with life's difficulties. https://digitalcommons.usu.edu/extension_curall/1851

Tips to strengthen relationships today. https://digitalcommons.usu.edu/extension_curall/1849

Pros and cons of online dating in later life. https://digitalcommons.usu.edu/extension_curall/1850

Keys for strong commitment in marriage. https://digitalcommons.usu.edu/extension_curall/1792/

Technology tips and traps in your relationship. https://digitalcommons.usu.edu/extension_curall/1793/

Tips for tackling stress. https://digitalcommons.usu.edu/extension_curall/1794/

Building a better marriage. http://digitalcommons.usu.edu/extension_curall/1778

Marriage principles from a national extension model. http://digitalcommons.usu.edu/extension_curall/1780

Three steps for a happier life. http://digitalcommons.usu.edu/extension_curall/1779

Four ways to help your kids unplug. https://extension.usu.edu/news_sections/home_family_and_food/kids-unplugged

Utah Public Radio

Majority of parents think interruptions from phones harm families, survey results suggest. <https://www.upr.org/post/majority-parents-think-interruptions-phones-harm-families-survey-results-suggest>

Being present: Creating more “flow” moments in our daily life. <https://www.upr.org/post/being-present-creating-more-flow-moments-our-daily-life>

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