

How to support your families during school shut down due to COVID-19

During times of heightened stress, you;

- May feel overwhelmed, anxious or helpless
- May experience a lack of sleep or oversleeping
- May have a shortened temper
- May experience relationship issues with family, colleagues or friends
- May change your eating habits (constant snacking and or binge eating)

Ideas and strategies;

- Develop new routines/ways of being together and getting work/school done
- Healthy habits- sleep, food, daily hygiene and physical activity
- Manage your social media habits
- Set up a checklist that breaks daily tasks down for your child
- Recognize that it is a challenging time, forgive yourself and others
- If you are fighting with family members, take a time out and decide you will talk later

Resources- recommended by the International School Counselor Association

- Navigating stressful times and anxiety as a parent https://gozen.com/coronavirus-anxiety/
- Ways to cope with fear /anxiety https://psychcentral.com/blog/coronavirus-anxiety-4-ways-to-cope-with-fear/
- Brain pop for elementary-aged Children about COVID-19
 https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/
- Information for Upper Middle and High school students https://www.who.int/emergencies/diseases/novel-coronavirus-2019
- Short stories for children to relax https://bedtime.fm/peaceout
- Podcasts for anxious adults https://www.calmer-you.com/feeling-anxious-or-worried-listen-to-these-8-podcasts/

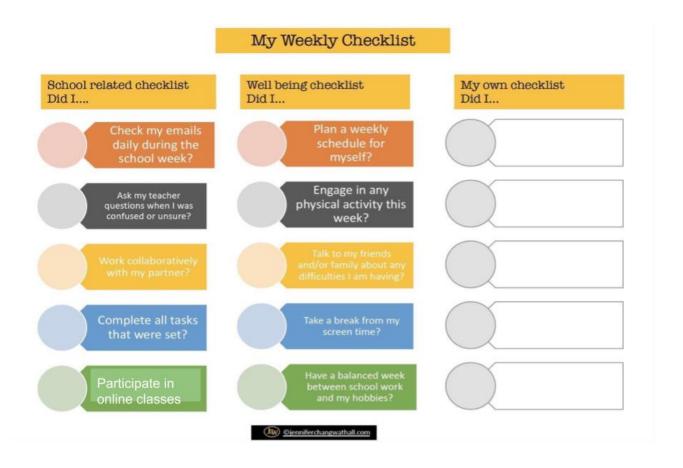
Activities to do at home; Art projects, board games, play an online game together, cook, bake, physical challenges, to name a few. There are many ideas online.

If you are a working parent leave a list of things that are options for when they finished their work, older elementary and up will be able to make a list with you.

Link with ideas for toddlers to tweens

https://www.whatdowedoallday.com/indoor-activities-for-kids/

Self-management checklist- example below



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