



ALDERSGATE
COUNSELING · OUTREACH · PREVENTION EDUCATION

How Parents Can Help Their Children During the Health Crisis

Calmly discuss the current situation in an age appropriate, and honest way. Give clear information and explain how you and your family are staying safe and healthy. Let them know they can talk to you about their fears. Seriously limit or prevent their exposure to news and media reports, which only serve to increase their anxiety. www.Commonsensemedia.com is an excellent resource for helping parents teach their children about positive use of all media.

Encourage your children to learn how to manage their feelings by using apps. **Mind Yeti** is a mindfulness app for children. (There is currently a temporary hold on new subscriptions, but you may be able to find short videos on YouTube.) Other apps are **Calm** for children, teens, and adults, and **Stop, Breathe, Think**.

How to Talk to Your Child:

<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html> Kids Health

<https://childmind.org/article/talking-to-kids-about-the-coronavirus> Child Mind Institute

www.info@healthyplace.com Mental Health Support, Resources, & Information

www.nctsn.org/resources National Child Traumatic Stress Network

Maintain a sense of structure, as much as possible. Schedule time for completing schoolwork assignments provided by schools. Encourage other learning experiences. Here are a few options:

www.virtualschoolactivities.com live webcams, virtual tours/trips, and other fun academic sites.

www.discoveryeducation.com virtual field trips

www.learninglab.si.edu/distancelearning distance learning resources from the Smithsonian

www.classroommagazines.scholastic.com projects to keep kids reading, thinking, and growing

www.breezyspecial.com home learning packets and strategies for Special Education.

There are also websites available for virtual tours of museums all over the world, and theatre experiences.

Encourage your children, whenever appropriate, to go outside for fresh air and sunshine. Take a walk around the neighborhood as a family. If going outside is not possible, open the windows for a few minutes; use exercise and dance videos to encourage physical movement.

Spend family time cooking together and experimenting with recipes-Maintaining a healthy diet is important for emotional well-being. Extra credit-kids can learn to use their math skills while baking/cooking. Keep a normal sleep schedule for children. Gather family photos, create photo books/albums, and have your children write the captions. Share memories and family stories; create a family tree. (Ancestry.com has a 14-day free introductory offer.)

Social connection is also critical for emotional well-being. We can still have social connection even while we have physical isolation. Encourage children to “visit” with grandparents, other relatives, and friends via Skype or FaceTime. Also, try “old-school” communication. An old-fashioned letter is a great way to help children use their writing skills and stay connected with others.

Continue to maintain as much normalcy as possible for your family during this challenging time. Maintain open communication and encourage your children to share their feelings.

Aldersgate remains available for phone support for clients and families.

Please call Aldersgate at 215-657-4545