



Aldersgate Youth Services "COVID-19 Weekly Tips & Activities" assists & supports parents, health care providers, employers & religious leaders who work with and care about children, teens, young adults and their families at this challenging time.

Weekly Update

Parent Tip Sheet

We are living in an unprecedented time. Fear, uncertainty, confusion, and anxiety are becoming the norm. The most important thing we can do is stay calm, use common sense, and follow recommendations from reliable sources who provide accurate and up-to-date information, such as www.health.montcopa.org Montgomery County Office of Public Health, and www.cdc.gov Center for Disease Control.



Health Crisis Parenting Tips

1. 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. <https://childmind.org/article/talking-to-kids-about-the-coronavirus>.
2. Encourage your children to learn how to manage their feelings by using apps such as **Mind Yeti**, **Calm**, and **Stop, Breathe, Think**.
3. 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.
4. Maintain a sense of structure, as much as possible. Schedule time for completing schoolwork assignments provided by schools, family time, chores, fun times. Maintain a normal sleep schedule.
5. 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, encourage physical movement with exercise and dance videos.
6. Spend family time together, cooking, baking, and experimenting with recipes-maintaining a healthy diet is important for emotional well-being.
7. Create memories. Gather family photos, create photo books/albums, and have your children write the captions. Share memories and family stories; create a family tree.
8. Maintain social connection which is also critical for emotional well-being. 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.

Aldersgate remains available for phone support for clients and families. If we can provide support or assistance to you or your children during this challenging time, please feel free to contact us at 215-657-4545.

Aldersgate's Awesome Activities

Aldersgate E-SAP Activity Corner: Support and Resources for Kids & their Parents

Edition 1: Covid-19 time capsule



We are living through an unprecedented time, and we're all feeling stress and anxiety. **Aldersgate Youth Services Bureau** is committed to helping families manage these complex times. Located in Willow Grove, PA, Aldersgate offers counseling support and other supportive emotional, behavioral health, and drug and alcohol prevention/intervention services and programs. We also provide Elementary Student Assistance Programming (E-SAP) in school districts throughout Eastern Montgomery County. Each week, we will be helping families work together to manage this crisis by offering activities and resources to build communication amongst families, help children recognize and name their emotions, and identify appropriate coping strategies.

For our first installment of the E-SAP activity corner, we have provided a Covid-19-time capsule. It's important to remember that while this is all new and strange, we are living through history now. This is the perfect opportunity for kids and families to reflect on what is happening in our world right now, and record it for the future. This also gives young people a sense of control and understanding of a very complex issue. Please utilize this resource as an opportunity to connect with your children and help them process their feelings about living through a pandemic.

Time Capsule created by Natalie Long of Long Creations. Natalie Long is a graphic designer and mom from Canada, and created this Covid-19 time capsule for her daughter. The 11-page document consists of various activities like interviewing parents, listing favorite foods, and writing a letter to themselves. Long wrote on Facebook that "we are all living through history right now, and I thought a 'time capsule' would be an amazing way to document this experience to look back on."

If you are in need of support, Aldersgate Youth Services can be accessed by calling 215-657-4545 or @info@aldersgateservices.org. If you are concerned about your child's level of stress or anxiety, it is important to seek help. You may want to contact your child's physician. If your child's anxiety is school-related, reach out to your school's counselor, social worker, or SAP team. If your child is experiencing a mental health emergency, please visit your nearest emergency room or call 911. Montgomery County Mobile Crisis can be reached at 1-855-634-4673.

Laura Shapella, M.Ed.
Aldersgate SAP Liaison/Counselor

Time Capsule Activity

Important Resources

When a family member is struggling, the whole family is impacted. Please find some tips below as shared by Pennsylvania's SE Mental Health Services Regional Office's Mental Health Team to help you navigate these situations and to respond in the most effective way.

Mental Health First Aid teaches a 5-STEP ACTION PLAN to help loved ones, and others cope with mental health or substance use problems.

Use these steps in times of crisis:

1. Assess for risk of suicide or harm
2. Listen non-judgmentally
3. Give reassurance and information
4. Encourage appropriate professional help
5. Encourage self-help and other support strategies

For further information and resources see links below:



Aldersgate Welcomes Your Thoughts & Feedback

Survey

We Create Success Stories



Who We & What We Do

Aldersgate is a non-profit human services agency located in Willow Grove, PA. We offer counseling and other emotional, behavioral health supports and drug and alcohol prevention/intervention services. Social and emotional learning programs are also provided at the agency, in area schools and in the community.

Aldersgate is currently providing telehealth support services for adults and for children, teens, and their families.

Aldersgate provides support services to students in Abington, Bishop McDevitt, Cheltenham, Jenkintown, Lower Moreland, Springfield Township, Upper Moreland, and Wissahickon School Districts.

Contact us for more resources:
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