



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

Summer's Here!



You survived 3 months of quarantine, and the school year is finally over. Now what?

Just because summer is here doesn't mean there is less stress. Parents still have concerns about financial issues, working from home, and keeping their children occupied. They are sad about lost experiences for themselves and their children who missed traditional end of school year ceremonies, and other important milestones. In many areas, we have moved into the yellow zone, and parents continue to worry about keeping their children safe as social distancing restrictions have been eased.

Teens: It may be helpful to have a family conversation about summer plans, and expectations about staying safe. After being stuck at home for three months, teens are eager to spend time with friends in larger groups. Acknowledge that it may be challenging when their peers do not follow safety recommendations. Peer pressure related to those safety measures is the same as the peer pressure related to substance use. Like other issues, the more responsible teens are about social distancing, wearing masks, etc., the more freedom they will earn.

Summer camps, amusement parks, community pools, and other typical summer activities may be cancelled, and family vacations may be on hold. Encourage your children/teens to create a list of things they would like to do over the summer. It is important to still provide some structure to the summer. Too much free, unstructured time could lead to problems.

Natalie Long created a Time Capsule with activities for families to document

their experiences during the Covid-19 pandemic.

<https://www.etsy.com/shop/LongCreations1>

www.moritzfinedesigns.com has a Family Bucket List to help you make new summer plans and find ways to make memories with your children and teens.

There are virtual camps available for children and teens to have fun and learn about art, music, technology, science, etc. Check out www.montgomerycountyalive.com for information about various camps in the area.

www.common sense media.org has a list of Best Summer Learning Games for grades 1-12.

Young children: www.sesamestreet.org has great resources, printable activity pages, and videos for younger children. There is an activity of the week where they can play games over video chat.

Parents: You have done a remarkable job managing multiple stressors: jobs, children, and your family's safety and well-being, during a very challenging time. Now that you have survived homeschooling your children, it's important for you to create and maintain time for self-care. Find a balance between family time, friendship and relationship interactions, and solo time. Spend time doing activities that help you to de-stress: music, reading, physical exercise, mindfulness, meditation, being in nature and spending time with pets, whatever nurtures your soul. If you don't take time for self-care, you will have very little emotional and physical energy to handle the many demands of life. Your children are watching, and they rely on you to model healthy ways of coping with stress and anxiety.

The Aldersgate staff wishes you a summer of fun, relaxation, and recharging!

Aldersgate is available for telehealth individual therapy and family counseling sessions. Please contact Aldersgate at 215-657-4545 or info@aldersgateservices.org to schedule.

Pat Wilcke, MFT
Clinical Program Coordinator

This summer may have unusual challenges as we navigate ever-changing safety recommendations and the easing of social distancing restrictions. Check out these resources for information to stay informed and to access support for you and your family.



PA Attorney General's Office www.attorneygeneral.gov/covid19

Child Mind Institute www.childmind.org

MHA Mental Health America www.mhanational.org

Kids Health www.kidshealth.org

Empowering Parents www.empoweringparents.com

Montgomery County Office of Behavioral Health www.montcopa.org/hhs

Visit Aldersgate's YouTube channel for an upcoming video on creating a customized calendar for your children. There are also other wonderful videos

to help children, teens and adults manage their feelings, and handle stress.

Aldersgate You Tube Channel

Aldersgate Welcomes Your Thoughts & Feedback

Survey

We Create Success Stories



Who We Are & 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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