



# TIPS FOR PARENTS AND KIDS

As a parent, your time at home with your child or teen is a great opportunity to support their learning and grow closer to them. Here are some tips, resources and exercises you can use to take full advantage of this time with them and make them feel safe. And remember, you can have a wellness conversation with one of The Center's professional counselors from the comfort of your own home.

**Just call The Center at 210-616-0885, Monday – Friday, 9 a.m. – 5 p.m. to schedule your appointment.**



## 1. Make a Daily Schedule.

Following a daily schedule gives children structure, independence and a sense of security. It also helps families bond, establishes constructive habits and offers stability in times of change. Create your own!

## 2. Watch for Changes in Your Children:

- Excessive crying or irritation in younger children.
- Returning to behaviors they have outgrown. (e.g. Bedwetting)
- Excessive worry or sadness.
- Unhealthy eating or sleeping habits.
- Irritability and “acting out” behaviors in teens.
- Avoiding school or schoolwork.
- Difficulty with attention and concentration.
- Avoidance of activities enjoyed in the past.
- Unexplained headaches and body pain.
- Use of alcohol, tobacco and other drugs.

*Source: Reviewed by Jennifer Shroff Pendley, PhD*

## 3. Things You Can Do to Support Your Child:

- Take time to talk with your child or teen.
  - Answer questions and share facts in a way that your child or teen can understand. Speak calmly and confidently.
  - Remind them that doctors and researchers are learning as much as they can, as quickly as they can, to keep everyone safe.
  - Keep discussions age appropriate.
- Reassure your child or teen that they are safe. Let them know it is OK if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your family's exposure to news coverage.
- Try to keep up with regular routines.
- Be a role model. Take breaks, eat well and get plenty of sleep and exercise. Try to connect with friends and family members.
- Remind them that they have some control over situations. They can:
  - Practice good handwashing techniques (at least 20 secs);
  - Cough into their sleeve or a tissue;
  - Eat healthy, get enough sleep and avoid touching their eyes, nose and mouth.
- Tell your children that you love them and give them plenty of affection.

*Source: <https://www.sciencealert.com>*

**More TIPS continued on following page.**



#### 4. Engage in Games or Family Activities:

- Teach your child how to cook.
- Download games and educational apps on your tablet or computer.
- Write letters to friends and relatives.
- Get out a deck of cards and research some games to play.
- Work on puzzles as a family. It requires brain power and critical thinking.
- Do art – use crayons, pencils, pens or paint to create art.
- Listen to or play music.

Source: <https://www.news4jax.com/health/2020/03/15/list-at-home-activities-for-kids-during-coronavirus-outbreak/>

#### 5. Online Activities and Learning Suggestions:

- 123Homeschool4me – Get online printables and worksheets to do at home. <https://www.123homeschool4me.com/>
- All Kids Network – Get kids craft ideas, worksheets, dot-to-dot and hidden pictures. <https://www.allkidsnetwork.com/>
- Animals Are Amazing – Learn all about animals from the Switcheroo Zoo. <https://switchzoo.com>
- Arcademics – Arcade-type learning games designed for kids from Kindergarten to 6th grade. <https://www.arcademics.com/>
- Ascend Math – Math instruction from Kindergarten to 12th grade. May be free through April. <https://ascendmath.com/>
- Beaverton School District – Math, reading and many other activities for students from Pre-K to 12th grade. <https://www.beaverton.k12.or.us/>

#### 6. Daily Writing with a Positive Twist:

Pick one of these positive writing activities and work on positive thinking each day.

- Write down one small thing you accomplished today.
- Write down something that you learned today.
- Write down something you were grateful for today.
- Write down something that brought you delight today.
- Pick one of the Positive Affirmations below, write it down in your notebook and tell it to yourself several times today. Why did you pick this affirmation?
  - a. I am responsible and in control of my life.
  - b. Circumstances are what they are, but I can choose my attitude toward them.
  - c. I am setting priorities and making time for what is important.
  - d. Life has its challenges, but I enjoy the adventure of life.
  - e. I love and accept myself the way I am.
  - f. I deserve good things in my life.
  - g. It's never too late to change.
  - h. I am getting better every day.
  - i. I am learning to be myself around others.
  - j. I am proud of doing the best I can.
  - k. It's okay to make mistakes.

Or make up an affirmation of your own.

