



Child and Family Resources When Isolated at Home

Being isolated at home can be challenging. Below is a list of tips and resources we have begun to compile. We will continue to update our website, Facebook, and Instagram sites with useful information and articles.

Personal habits that can help you and your family cope:

- create a routine (even if you are not leaving the house, get up at a consistent time and change out of pajamas)
- schedule a weekly or daily Facetime call with family/friends
- be mindful of where your news is coming from/check your news sources
- limit media consumption about COVID-19 – consider a set time each day that you will check for updates
- plan a trip or outing that you will do when this ends
- listen to podcasts or audible books on positive topics
- find an online exercise video, such as a yoga class
- take a walk/find a way to be outside that still gives you distance from others
- open windows
- start a gratitude list or journal

Manage your thoughts:

- Keep in mind what is under your control and what is not.
- Limit engagement with social media or your own thoughts catastrophizing this event.
- Focus your thoughts on what positive things you can do and get out of time at home.
- Using distress tolerance skills to manage tolerating uncertainty:
 - Try Kristin Neff's [self-compassion break](#)--Allow yourself to roll these words around in your mind, while taking some easy low and slow breaths:
This is a moment of uncertainty.
Uncertainty is difficult to bear.
All people feel this way sometimes.
May I be kind to myself.
May I find peace and contentment.

Engage in intentional time to be mindful, meditate, and relax:

- Try these apps to use for Relaxation/Mindfulness: HeadSpace, Calm, Insight Timer (free), PTSD Coach (free), Biobreathing (free), Breathe Kids (free), Breathe (free), MindShift (free), Stop/Breathe/Think apps, RelaxU (free)
- Take a walk outside and focus on what you see, hear, and feel outdoors.



Ideas for children:

- Children need consistency and routine. Make a daily schedule (Sample chart):

Before 9 a.m.	Wake up
9-9:30am	Breakfast
9:30-10:30am	Academic Time
10:30-11:30am	Creative Time or play outside (legos, painting, drawing, family bike ride, yoga, family walk)
11:30-12	Lunch
12-1 pm	Clean up/Chores
1-2 pm	Quiet time (puzzle, read, nap)
2-4 pm	Academic/Electronic time (educational shows, educational apps)
4-5 pm	Afternoon fresh air (walk, play outside)
5-6 pm	Dinner
6-8pm	Free time (board games)
8-9 pm	Bedtime

- Be creative about activities and exercise:
 - family walk, bike ride, yoga
 - cooking/baking
 - board games, musical activities, read books together
 - Make cheerful, hopeful signs to post in your yard or neighborhood
 - Cut items out of magazines for future things kids want to do, make collage or vision board
 - Sidewalk chalk drawings
 - Write and decorate thank you notes for community helpers (mail carrier, sanitation worker, etc)
 - Make a map of your neighborhood
 - Make up a board game or matching game
- Manage your own anxiety (as the parent)
- Check in with kids about how they're doing
- Limit consumption of news
- Keep them in the loop but keep it simple
- Make plans—future trips, play dates
- Stay connected with friends via phone, social media
- Don't stress about being a perfect parent, just do your best...



Online educational and activity resources for kids:

- www.amazingeducationalresources.com
- www.123homeschool4me.com/101-fun-things-to-do-in-covid-19-isolation/
- <https://mysteryscience.com/school-closure-planning>
- <https://www.mcharpermanor.com/blog/>
- <https://fluencyandfitness.com/register/school-closures/>
- www.teachingwithoutfrills.com
- <https://classroommagazines.scholastic.com/support/learnathome.html>
- www.abcmouse.com

Mental and Physical Health Resources:

- <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019-ch>
- https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcases-in-us.html
- <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>