

The Wellness Gazette

..... Your Source for Health, Mental Health, & Developmental Tips, Hints, & Ideas

May 5, 2020

There are certain things we can expect to see as we move through this time at home due to COVID19. Actually, you may have seen some of them already. Your child may be struggling to identify and express some brand new feelings. You might be seeing brand new behaviors. Children might be "shutting down" or "acting out." Maybe you're even beginning to wonder about the long-term effects of this

and what it will mean for your child in the future. While we do know events that occur during childhood can have an impact all the way into adulthood, we are excited to share some great news with parents: **What's predictable is preventable!** You are already doing so much to help teach your child how to be resilient. From different games and activities you and your child will enjoy doing together to things you can each

do independently, and lots of other tips and ideas in between, this issue of The Wellness Gazette will focus on building resiliency by reinforcing the connection you already share with your child. We have more fun things you and your family can do now so you can all thrive in the future! We know it's hard, and we are here to help! Please don't hesitate to reach out if there is anything we can do!

..... Games to Play



Musical Chairs

This game gets better with more people, so if you are a family of four or more, this one's for you!

Hide-and-Seek

A fun game & great skill practice! Sounds like a win-win!

Hallway Bowling

Use what you got! Empty water bottles or 2 liter bottles make great pins, and any ball (or even a rolled up sock) can transform your hallway into a bowling alley!

Rock-Paper-Scissors

Rock smashes scissors. Scissors cut paper. Paper covers rock. Easy Peasy.

Thumb War

More than one player? Hold a tournament!

Tic-Tac-Toe

A friendly competition and fine motor practice!

Memory

Play the classic board game even if you don't have it by creating paper tiles with pictures, letters, or numbers.

Dominoes

Line 'em up and knock 'em down!

Are You Feeling Stressed and Strained?

Nobody has all the answers when it comes to the situation we're in and the changes we're facing. It can be scary and overwhelming, and it's easy to get lost in the "what if's" and even the "what now's." As if that weren't enough, more parents are worried about the effects their stress has on their children! This page of the Wellness Gazette is full of stress-busting strategies for you and your children! The American Academy of Pediatrics has provided us with some ways to help our children manage their own stress and avoid sharing some of our own!



Avoid putting adult-level stress such as financial concerns on children

Help children find solutions and develop skills to face their own problems

Keep the lines of communication open

Identify things your children can do to help others and empower themselves

Return to routines as best as you can!

Above all else, taking care of yourself so that you are able to take care of others is key! Keep making time to connect with family and friends, read the next chapter of a book, watch the next episode of that show you've been waiting to see, or whatever your version self-care looks like! **Now and always!**

Follow this link for even more helpful ideas from the American Academy of Pediatrics



You can help your children look back at this time and smile by building happy memories together doing these (mostly) stress-free activities:

Hold a photoshoot! Dress up, get silly or be serious. Have fun with it! Take candid photos, too! Document the activities your children are doing.

Have a talent show! Not only will this will be a fun memory later, it's also a great creative outlet and opportunity to praise your children now!

Cook together. We know it's easier and faster to just do it yourself, but think of how much fun your children will have helping and how proud of themselves they'll be when it tastes great! (This is a great way to get kids to eat veggies, too!)

Share your pictures and tips and tricks with us at MHsupport@childrenscentervva.com

WHEN YOU'RE A HIGHLY ATTUNED PERSON, EVEN POSITIVE LIFE CHANGES CAN FEEL TERRIFYING.

@theshrinkwrap

01

Try to focus only on what you can control.

02

Try to focus on exciting possibilities

03

Try to focus on what you know is certain.




ACTION CALENDAR: MEANINGFUL MAY 2020




| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|---|--|--|--|
|  "Start Where You Are. Use What You Have. Do What You Can" ~ Arthur Ashe  | | | | 1 Take a minute to remember what really matters to you and why | 2 Do something meaningful for someone you really care about | 3 Reconnect with nature today, even if you're stuck indoors |
| 4 Focus on what you can do rather than what you can't do | 5 Send friends a photo of a time you all enjoyed together | 6 Take a step towards one of your life goals, however small | 7 Let someone you love know how much they mean to you | 8 Set yourself a kindness mission. Give your time to help others | 9 Look out for positive news and reasons to be cheerful today | 10 Tell someone about why your favourite music means a lot to you |
| 11 What are your most important values? Use them today | 12 Be grateful for the little things, even in difficult times | 13 Today do something to care for the natural world | 14 Show your gratitude to people who are helping to make things better | 15 Find out about the values and traditions of another culture | 16 Look around you and notice five things you find meaningful | 17 Take a positive action to help in your local community |
| 18 Hand-write a note to someone you love and send them a photo of it | 19 Find a way to craft what you are doing to give it more meaning | 20 Reflect on what makes you feel really valued and appreciated | 21 Share photos of 3 things you find meaningful or memorable | 22 Ask a loved one or colleague what matters most to them and why | 23 Share an inspiring quote with others to give them a boost | 24 Do something special today and revisit it in your memory tonight |
| 25 Give your time to help a project or charity you care about | 26 Recall three things you've done that you are really proud of | 27 Today link your decisions and choices to your purpose in life | 28 Tell someone about an event in your life that was really meaningful | 29 Think about how your actions make a difference for others | 30 Find three good reasons to be hopeful about the future | 31 Look up at the sky. Remember we are all part of something bigger |

ACTION FOR HAPPINESS







www.actionforhappiness.org
Keep Calm · Stay Wise · Be Kind

31 actions to look after ourselves and each other as we face this global crisis together

got water? Are you wondering how much water you should give your child? The guidance for children is the number of 8-ounce cups of water equal to their age. Example: 1 year old = 1--8 oz cup daily, 2 years old = 2--8 oz cups daily and so on until age 8 years old to adult where 8--8 oz cups daily is the guidance.

(Always consult your doctor and your child's doctor prior making changes to diet or nutritional needs.**)**

We all know that water is necessary but can sometimes be boring. Why not give your water a boost with flavorful recipes? From piping hot tea to ice-cold, fruity water, these fun and refreshing recipes will quench your thirst and help you and your child discover how fun and delicious water can be! Learn more at [Rev your Bev!](#)



- Kids may not drink enough water on their own, so encourage them to drink water while playing inside, outside, during meals, and all day.
- Make drinking water FUN. Let your child pick out a fun cup, find a new water bottle, or use a colorful straw.

More recipes and resources can be found at the links below:

[Medical News Today](#)

[CHOC](#)

Are you or is someone you know a victim of domestic violence?

Someone is always available to help at 1-800-799-SAFE (7233)! Or visit thehotline.org

Crisis Text Line- FREE and confidential, and a trained counselor will text with you anytime, 24/7. To get started, just text 741741.