



## Information for Families in Challenging Times

During this stressful and challenging time there are **opportunities** to strengthen connections, grow and practice resilience. Children may be anxious or angry depending on their unique nature, experiences, family's challenges, or information they have heard.

### Keep in mind

- Calm, positive, reassuring adults help children become more **resilient**
- Encourage family members to take care of each other to strengthen **family connections**
- Take care of yourselves & help your child do the same teaches **personal growth**
- Love & common sense are invaluable--accept you are **doing the best you can**
- Expert advice & information can add to parent/guardian **confidence**

### Time together can be an opportunity

- Create **healthy & balanced habits**
- Engage in old & new **family activities** (explore each your different **interests**)
- Build family **values & beliefs**
- Communicate more often (privately and as a family--**get to know each other better**)
- Support and learn about your child's **educational activities**
- Talk about what each person is **grateful** for in their lives
- Agree to care about & help more (teach **empathy & reciprocity**)
- Build character: Find **positive solutions** to avoid blaming
- Practice & teach **reframing negative into positive thoughts**



### Find a way

- **Exercise** increases relaxation & **reduces stress**
- **Communicate** (social distance or remote) to:  
Build **relationships & mutual support**; Reduce social isolation



### Take a break

- From **each other** for personal space
- From social media, **devices**, and smartphone checking
- From **opinions** about coronavirus & **news** (informed vs overwhelmed)
- From children's exposure to worrisome media about coronavirus (**avoid exposure trauma**)



# Healthy habits



Eat healthy foods



Drink plenty of water



Limit television and computer use



Be active for at least one hour a day



Clean your teeth at least twice a day



Be kind to yourself and others



Get plenty of sleep



Wash your hands



Find time to relax



Eat 'junk' food and sweets only occasionally



Have a bath or shower every day



Work and play safely