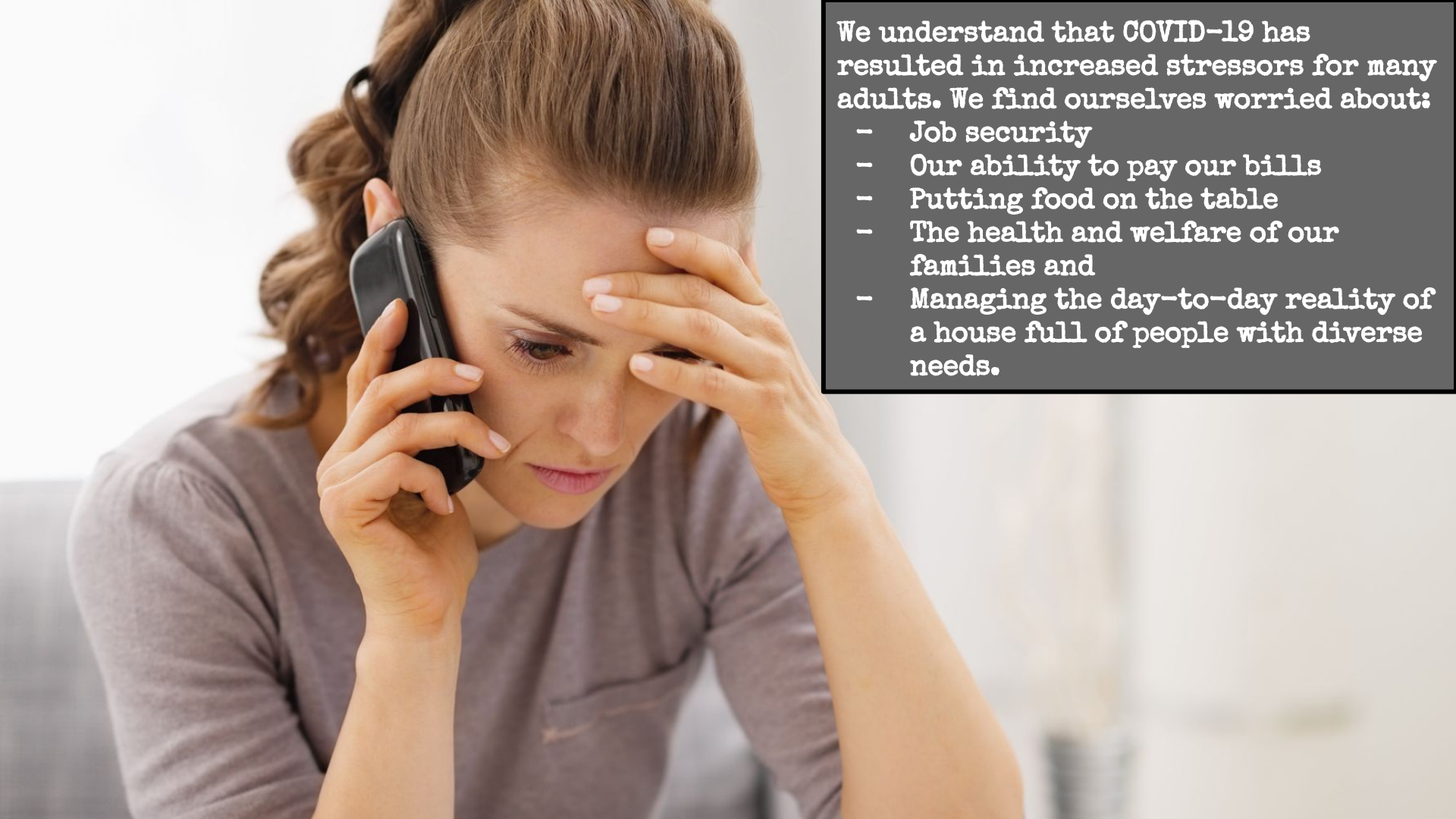




COVID-19

Supporting Your
Child During
COVID-19



We understand that COVID-19 has resulted in increased stressors for many adults. We find ourselves worried about:

- Job security
- Our ability to pay our bills
- Putting food on the table
- The health and welfare of our families and
- Managing the day-to-day reality of a house full of people with diverse needs.



This unprecedented time may have resulted in some distinct changes in your child's mood, motivation and drive. Even teens who otherwise have been motivated may be struggling. Parents may find themselves wondering how and why this may be, particularly given your own long laundry list of worries as of late. Let's take a look and see what may be prompting such changes and what as a parent you can do to support.

School for many teens is not only a place of learning, but also a place of connection and community. School closure may mean for many teens an absence of things that bring them significant joy including: face to face interaction with peers, teachers, participation in sports, clubs, activities, field trips, assemblies, and spirit events. For many youth social distancing means long, repetitive days that lack the structure they are accustomed to. This may impact your child's mood, motivation and productivity.



What advice do experts give about supporting your child during COVID-19...

#1



**STICK TO
ROUTINE**



The experts all agree that setting and sticking to a regular schedule when you're at home, all day, is critical. Teens need to have a regular time that they get up in the morning and go to bed at night. Creating a schedule by which to learn is also extremely important. Having kids set a timer will help them stay on track in meeting their daily responsibilities.

In the morning, encourage your child to get out of bed, get changed out of their pajamas and complete their morning routine. Help your child delineate space for work and rest. Their motivation may lag if they are too comfy. This may help with productivity.





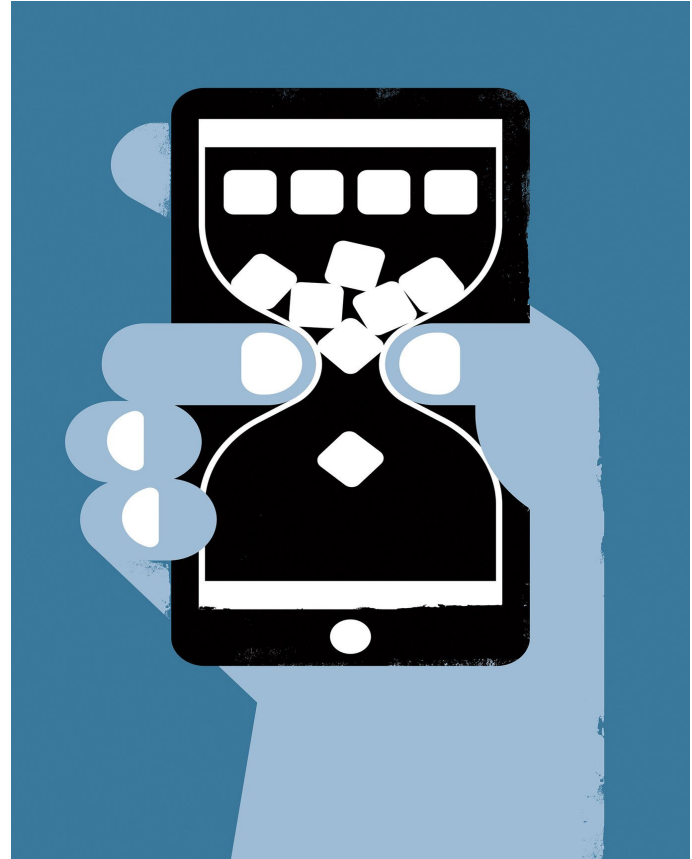
Encourage your child to create a calendar with blocks of time throughout the day that focus on school work that needs to be completed. Break up those times with blocks of physical activity, getting outdoors, virtual time with family and friends, chores etc. Consistency and structure provide predictability and help to reduce stress during times of uncertainty.

A large, bold, black letter 'C' is centered within a solid pink rectangular background.

Although predictability and structure are important
avoid rigid schedules that are too prescribed.
These are extraordinary times that also require
flexibility. **A schedule should reflect the regular
rhythms of your lives.** If your schedule is causing
you stress it may be time to re-evaluate its
effectiveness.

#2

Encourage
technology free
time throughout
the day





Screen time is tricky during times of social isolation, your child needs screen time to complete school work, but also to stay connected with friends and family which is critical for their mental health and wellbeing. Have open dialogue with your teen, letting them know that although they have more time on their hands, there still needs to be structure as it relates to screen time, gaming and social media.

“Ask your teen, ‘how should we handle this? Come up with a structure and show me the structure that you’re thinking about, and then I’ll let you know what I think.’” Dr. Damour Adolescent Psychologist & Bestselling Author

Webinar #2: June 3rd @ 7:00 pm

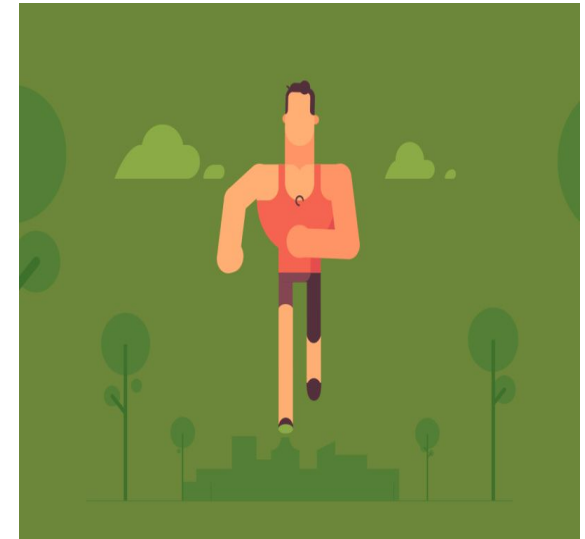
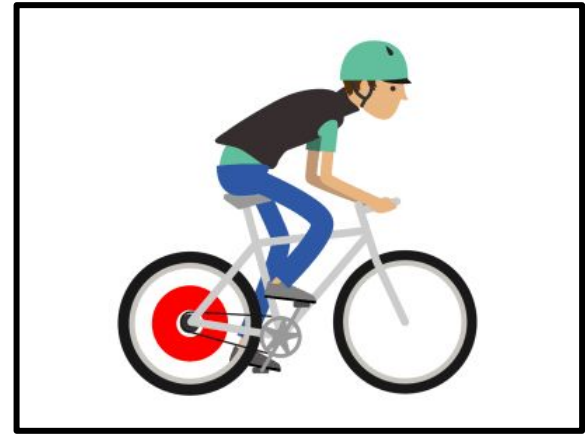


Social Media and
Gaming Issues
During Social
Isolation

Link: [https://global.go
tomeeting.com/join/2
39504853](https://global.go
tomeeting.com/join/2
39504853)

#3

Being physically active is important for you and your child's mental health and wellbeing. Encourage your child daily to go for a walk or a run, a bike ride, walk a pet or even practice their soccer or basketball skills. These type of activities can be done while practicing social distancing! They may want to make this a virtual experience by connecting with friends and family while they are active! Why not make this a family experience! Your mood and body will thank you for it!





Dr. Theresa Tam
Chief Public Health Officer

Dr. Theresa Tam our Chief Public Health Officers regularly talks about the importance of daily physical activity for our mental health and wellbeing. So get out and get active while practicing social distancing.

Check out these online workouts!

- Themed-HIIT Workouts (Avengers, etc.)
<https://www.youtube.com/playlist?list=PL7rY7kSoZW-6w5RQuA9optxmZXTUS4Aa9>
- FORTNITE Workout
https://docs.google.com/document/d/11qlyMvJaSft13BhODnbvezEuXkQhybLUDMTY31h1sGE/edit?usp=s_haring
- Periodic Table of Body-Weight Exercises (choose 6 exercises to try for 15 reps each)
<http://strength.stack52.com/periodic-table-of-bodyweight-exercises/>
- Movement Skills Challenges at Home
<https://www.youtube.com/watch?v=CleiNqIb3MM>
Paper Keep-Ups Challenge
<https://www.youtube.com/watch?v=UnkfAlf2UsA>
Move-Up Challenge
<https://www.youtube.com/watch?v=0FECPDuKeD8>
Basketball Sock Shot Challenge
- <https://www.youtube.com/watch?v=IRkNsh8tvaY>
Sock Shot Sit-Ups

If you are at home during
#COVID19 outbreak

30 mins
daily

1 hour
daily

WHO recommends that all healthy adults do
30 minutes/day of physical activity, and children
should be physically active for **1 hour/day**



World Health
Organization

#BeActive

#HealthyAtHome

***4 week
challenge
begins:
Wed May 20**

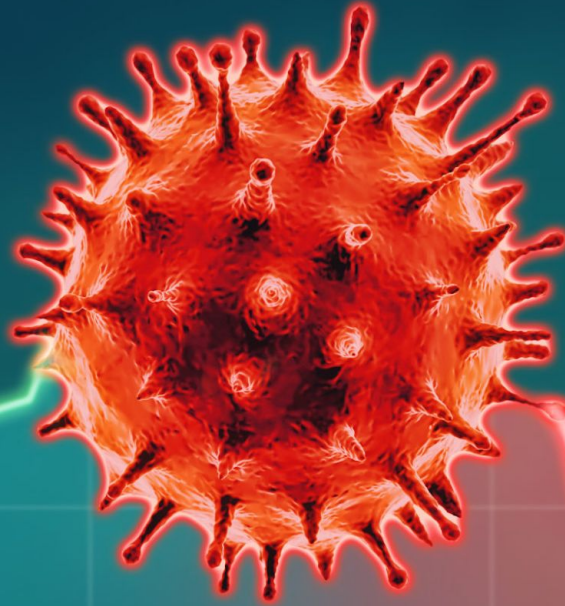
HO WONG PHE-TNESS SESSIONS



Drop in on Instragram Live
Mon - Wed - Fri at 3 pm
@SOWONGITFITS

#4





Limit the amount of time
you are watching or
talking about negative
news. Negative news can
be a particular trigger
for some kids that can
result in escalated
levels of fear and
anxiety.

#5

Monitor Your Child's Mood

School closure and cancellation of sports and activities can result in teens being disappointed in the current world order. Acknowledge how your child is feeling and help them process what is going on. Seek help where need be. We are here to support!



#6

Address a disruptive sleep schedule that can impact your child's mental health, mood and motivation. The following video may help your child work towards more restful sleep.



SLEEP

A bedtime story




ABOVE ALL, NO TECHNOLOGY IN THE BEDROOM!



Monitor How You Are Feeling! Parenting under these new circumstances can be challenging. Self care is critical!



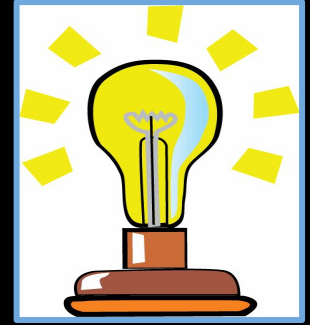


“Parents of course are anxious too and our kids will take emotional cues from us. Parents need to manage their anxiety in their own time and to not overshare their fears with their children. ”

~ Dr. Damour Adolescent Psychologist & Bestselling Author

Websites that may be of use:

- ❑ <https://smho-smso.ca/covid-19/parents-and-families/>
- ❑ <https://www.camh.ca/en/health-info/mental-health-and-covid-19>
- ❑ <http://cmhaww.ca/tips-on-how-to-manage-your-mental-health-during-covid-19/>



Free mental health apps:

- ❑ [List of child friendly apps to help with anxiety](#)
 - ❑ Virtual Hope Box promotes coping, positive thinking, relaxation and distraction (all ages)
 - ❑ My3-Support Network lets you stay connected to your network when in times of crisis (all ages).
 - ❑ Breathe2relax is a stress management tool to help learn diaphragmatic breathing (all ages)
 - ❑ Sanvello is for stress, anxiety and depression management using CBT techniques (teen and older)
 - ❑ What's Up uses CBT methods to help cope with depression, anxiety, anger, stress, etc. (teens and older)
 - ❑ Mindshift CBT - Anxiety Canada - Mindfulness, mood tracking, manage anxiety, thought journal, coping cards, etc (teens and adults)
 - ❑ Happify includes activities and games to help overcome negative thoughts and stress for teens and older)
-

PARENTS WE
RECOGNIZE THAT
YOUR WELLBEING
MATTERS TOO!!

Ways to Practice SELF-CARE

GET A HOBBY



LIMIT SCREEN TIME



YOU

LISTEN TO MUSIC



GET LOTS OF SLEEP



GO OUTDOORS



MATTER

KEEP A JOURNAL



REDUCE CLUTTER



MEDITATE

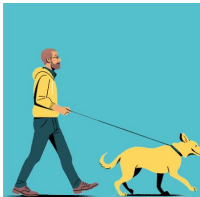


TALK TO SOMEONE



TOO!

read a book
learn a new skill like photography or
drawing
do a DIY project
color
turn your phone off



GO FOR A WALK

Feel the air or the warmth
of the sun.



TAKE A BREATH

Take a pause with some
deep breaths.



YOGA MOMENT

At your desk or in your living
room, do some relaxing moves.



TAKE A WARM BATH

This is also a way to take a
digital break from your phone
and/or computer.



CALL A FRIEND

Catch up and share the latest.
This will boost your happiness
and it's a natural way to
destress.

Teachers



In Disguise

Breathe

I NEED A TIME
OUT.

Please know that when all is said and done, teachers will find ways to fill gaps and to do the work needed to help your child succeed. During this time of uncertainty it is important to cultivate your relationship with your child and to take care of your wellbeing. This beyond anything is the most important thing that you can do for yourself and your family. So when things are stressful take a **breath** and an **adult time out**, and remind yourself that your **relationship** with your child is far more important than any academic guidance you may be able to provide.



Children with healthy relationships with their parents are more likely to have positive relationships with others, are better able to regulate their emotions and handle moments of crisis and uncertainty.

NOW
WHAT

NOW

?

LET'S REVIEW



**Structure &
Predictability**



Flexibility



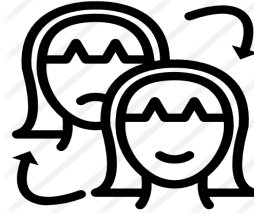
**Tech
Regulation**



**Outdoor Physical
Activity**



**Negative News
Limits**



Monitor Mood

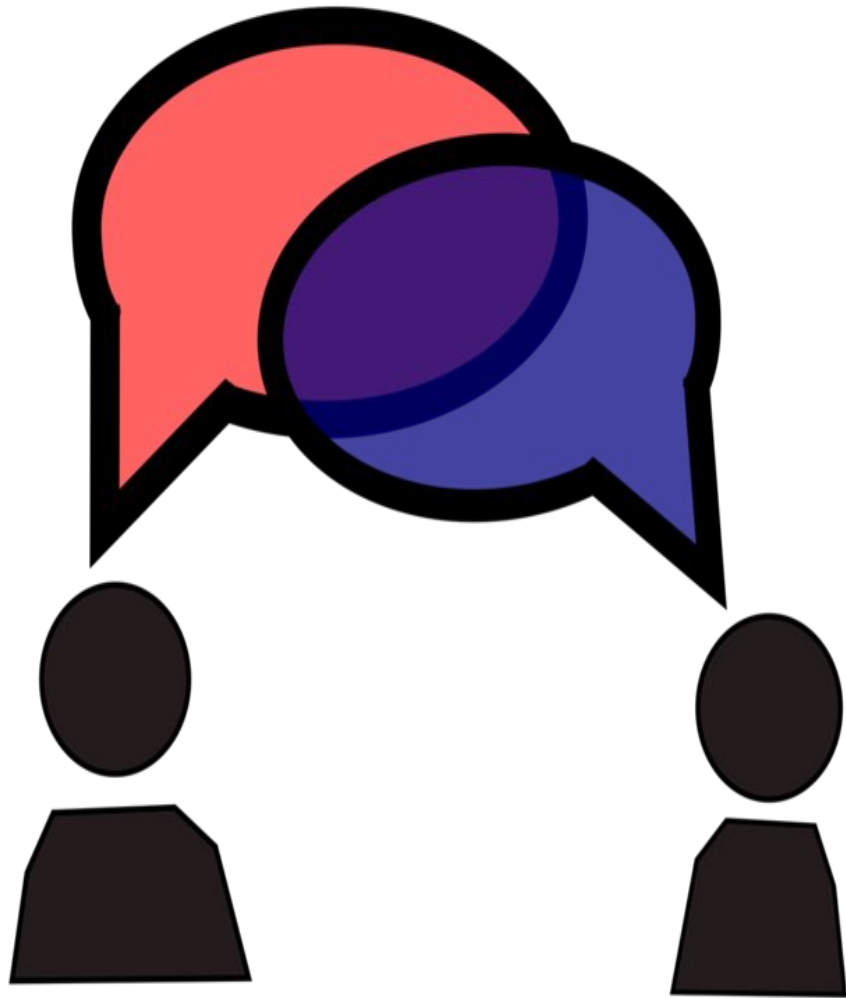


**Sleep
Regulation**

THE CHALLENGE

**The challenge is real. How do we ensure
our children have structure,
predictability and flexibility when we are
pulled in so many directions?**





Ensure you have **meaningful dialogue** with your children. Have discussions about what **type of structure would work best for the entire family** under such unusual circumstances. Give your children opportunity to weigh in on what works best for them. Come up with a plan that takes into consideration everyone's needs. **Giving your children some agency** under these circumstances will ensure buy.



Questions to ask your teen...

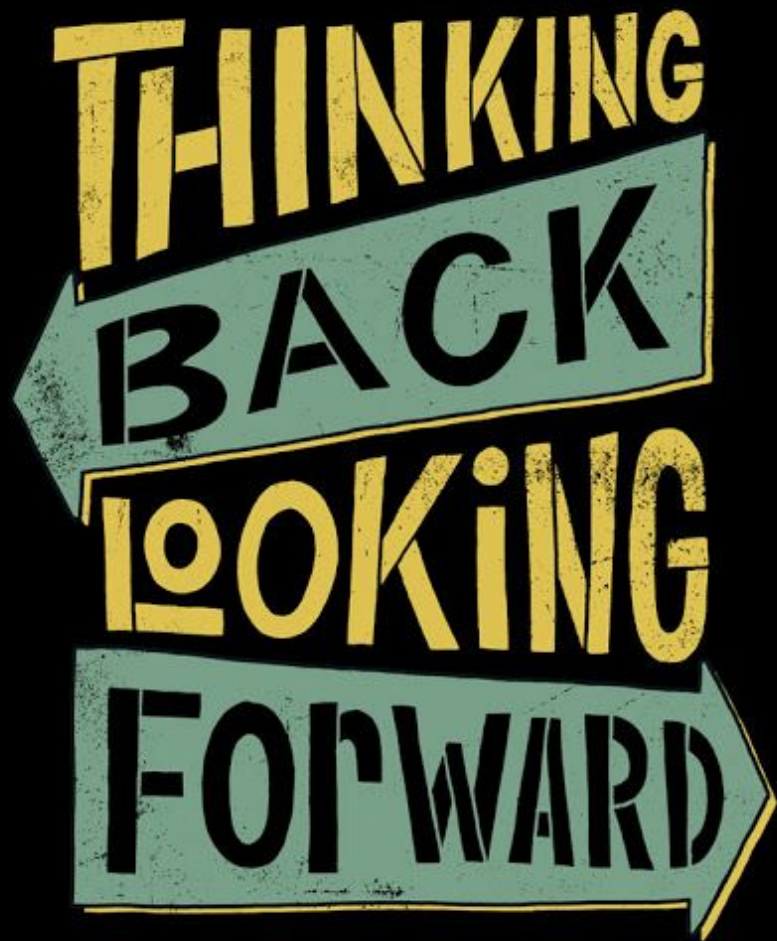
- ☐ How are you finding social distancing and online learning?
- ☐ What do you miss the most?
- ☐ What do you miss the least?
- ☐ What is hardest part of social distancing?
- ☐ How often are you connecting with your friends? How are they coping with the new changes?
- ☐ What can we do to make things more manageable?
- ☐ How do you things are going at home? Why? How can we make things better?
- ☐ What do you think of the current schedule that you have? Is it working for you? Why or why not? How can I help you make changes?



Share within reason how you are feeling. Talk about how it's OK to feel down or overwhelmed with the way things have changed so quick. Let them know that you are always available to talk. Do not overshare. It may result in your child feeling more overwhelmed.

WHEN?

It is best to have these conversations not when you or your child are in a positive space, perhaps when you are making supper together, playing a board game, going for a walk or a bike ride.



THINKING BACK LOOKING FORWARD

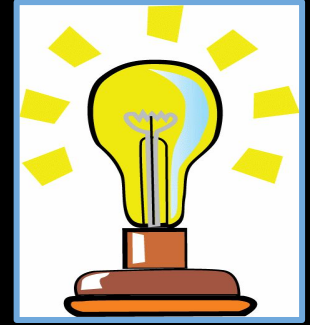
In the future, you may want to consider talking about what has worked and what tweaks could be made if we found ourselves in another similar situation. You must certainly be mindful of your child's wellbeing and whether they are in a space to be able to have this type of discussion.



LINKS & RESOURCES

Websites that may be of use:

- ❑ <https://smho-smso.ca/covid-19/students/>
- ❑ <https://www.camh.ca/en/health-info/mental-health-and-covid-19>
- ❑ <http://cmhaww.ca/tips-on-how-to-manage-your-mental-health-during-covid-19/>



Free mental health apps:

- ❑ List of child friendly apps to help with anxiety
 - ❑ Virtual Hope Box promotes coping, positive thinking, relaxation and distraction (all ages)
 - ❑ My3-Support Network lets you stay connected to your network when in times of crisis (all ages).
 - ❑ Breathe2relax is a stress management tool to help learn diaphragmatic breathing (all ages)
 - ❑ Sanvello is for stress, anxiety and depression management using CBT techniques (teen and older)
 - ❑ What's Up uses CBT methods to help cope with depression, anxiety, anger, stress, etc. (teens and older)
 - ❑ Mindshift CBT - Anxiety Canada - Mindfulness, mood tracking, manage anxiety, thought journal, coping cards, etc (teens and adults)
 - ❑ Happify includes activities and games to help overcome negative thoughts and stress for teens and older)
-



Need Help Now?

reachout

A green speech bubble with a pointed tail pointing towards the top-left corner. Inside the bubble, the text "We're here to help!" is written in white, bold, sans-serif font.

**We're here
to help!**

Guidance Staff	Email Address	Alpha List
Guidance Counsellor- Diamando McLarnon	diamando.mclarnon@yrdsb.ca	A-F
Department Head- Kelly Bradshaw	kelly.bradshaw@yrdsb.ca	G-M
Guidance Counsellor- Leo Scire	leo.scire@yrdsb.ca	N- Sc
Guidance Counsellor- Amir Al Hassani	amir.al-hassani@yrdsb.ca	N-Sc Sem 2
Guidance Counsellor- Niki Rowe	niki.rowe@yrdsb.ca	Se-Z
Guidance Counsellor- Mike Mastrandrea	mike.mastrandrea@yrdsb.ca	Se-Z Sem 2



We kindly ask that you take a few moments to fill in this google form providing feedback on tonight's webinar and future webinars you may be interested in attending. To access our feedback form please click here, <https://forms.gle/GZ3jWPGQ3ya6ou6N6>

A word cloud composed of numerous question marks in various colors (blue, green, orange, purple, pink, brown) and sizes, scattered across the background. The word "QUESTIONS" is prominently displayed in the center in a large, white, bold, sans-serif font with a slight drop shadow.

QUESTIONS