

Resources for Dealing with Covid-19 for Parents & Students

Resources Grades K-4

Videos:

Self-regulation games for kids 3-7 years old.

https://www.youtube.com/watch?v=H_O1brYwdSY

Websites:

Coregulation tips for children

<https://pcit.ucdavis.edu/pc-care/handouts-forms/coregulation-screenshot/>

How to support a child during dysregulation

https://www.stoughtonschools.org/sites/stoughtondistrict/files/pages/img_2180.jpg

Words to Calm a Child: phrases Every Child Needs to Hear

https://www.stoughtonschools.org/sites/stoughtondistrict/files/pages/words_to_calm_a_child.pdf

Social Story for Children to explain COVID-19 <https://hsd.ca/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-1-1.pdf>

Movement and Physical Activity

<https://www.gonoodle.com/>

Apps:

Calm (ages 4+) <https://apps.apple.com/us/app/calm/id571800810>

Smiling Mind (ages 4+) <https://apps.apple.com/us/app/smiling-mind/id560442518>

Breathe, Think, Do with Sesame (ages 2-5) <https://apps.apple.com/us/app/breathe-think-do-with-sesame/id721853597>

Resources Grades 5-8

Videos:

Wellcast - Quick 5 minute strategies Middle years and up

<https://www.youtube.com/user/watchwellcast>

DBT skill of distress tolerance

<https://www.youtube.com/watch?v=9Imu7jCxWWY>

Coping skills little things to help us make it through for all ages including parents

<https://www.youtube.com/watch?v=td4LQ2rxVa0>

5 Easy Tips for Self-Regulation for all Ages

<https://www.youtube.com/watch?v=DbpTohPUhMw>

Websites:

Words to Calm a Child: phrases Every Child Needs to Hear

https://www.stoughtonschools.org/sites/stoughtondistrict/files/pages/words_to_calm_a_child.pdf

Coping and regulation strategies.

https://pcit.ucdavis.edu/wp-content/uploads/2018/11/48_Coping_BigKids_6-9yrs-Aubrey-edits.pdf

Movement and Physical Activity

<https://www.gonoodle.com/>

Sensory Seeking Activities

https://www.sensorysmarts.com/sensory_diet_activities.html

Apps:

Stop, Breathe and Think Kids App (ages 5-10) <https://apps.apple.com/us/app/stop-breathe-think-kids/id1215758068>

Calm App (ages 4+) <https://apps.apple.com/us/app/calm/id571800810>

Resources Grades 9-10

Videos:

More descriptive for older students and adults

<https://www.youtube.com/user/Psych2GoTv>

Websites:

Here are some links to specific info related to coronavirus (COVID-19):

<https://www.anxietycanada.com/articles/what-to-do-if-you-are-anxious-or-worried-about-coronavirus-covid-19/>

Apps:

Calm App (ages 4+) <https://apps.apple.com/us/app/calm/id571800810>

Stop, Breathe, Think App <https://apps.apple.com/ca/app/stop-breathe-think/id778848692>

Mindshift App-This is a free app, designed to help young people with anxiety, learn how to relax, develop more helpful ways of thinking and take charge of their anxiety.

<https://www.anxietycanada.com/>

What does a panic attack look or feel like? This interactive web page provides information on what a panic attack looks like and coping techniques.

<http://mindyourmind.ca/interactives/anatomy-panic-attack>

Parents

Articles:

How to Talk to Your Anxious Child or Teen About Coronavirus <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about>

Talking to Kids about the Coronavirus

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Websites:

How to talk to your kids about COVID-19: [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

10 Steps to Co-Parent During the COVID-19 Crisis Article

<https://www.psychologytoday.com/us/blog/divorce-course/202003/10-steps-co-parent-during-the-covid-19-crisis>

Tips for Parenting During Times of Crisis Article

https://www.aamft.org/Press_Info/crisis_parenting.aspx?WebsiteKey=8e8c9bd6-0b71-4cd1-a5ab-013b5f855b

Talking With Children about Covid-19

<https://wwps.org/images/sma14-4886.pdf01>

Website for information and resources on stress in children and youth.

<https://kelymentalhealth.ca/stress>

Videos:

Keep Kids Entertained During Coronavirus Quarantine - Family Lockdown Guide

<https://www.youtube.com/watch?v=9xi32EwOf5k>

Easy Daily Schedule for Kids During COVID-19 Shutdown

<https://www.youtube.com/watch?v=K11xFGA23HQ>

How to talk to your kids about coronavirus: <https://www.youtube.com/watch?v=vSsKQPqpS7A>

Tips for working from home with your children

<https://www.talkspace.com/blog/coronavirus-working-from-home-tips-with-kids-children/>

COVID-19 DAILY SCHEDULE

| | | |
|---------------|---------------------|--|
| Before 9:00am | Wake up | Eat breakfast, make your bed, get dressed, put PJ's in laundry |
| 9:00-10:00 | Morning walk | Family walk with the dog Yoga if it's raining |
| 10:00-11:00 | Academic time | NO ELECTRONICS Sudoku books, flash cards, study guide, Journal |
| 11:00-12:00 | Creative time | Legos, magnatiles, drawing, crafting, play music, cook or bake, etc |
| 12:00 | Lunch | |
| 12:30PM | Chore time | A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets |
| 1:00-2:30 | Quiet time | Reading, puzzles, nap |
| 2:30-4:00 | Academic time | ELECTRONICS OK Ipad games, Prodigy, Educational show |
| 4:00-5:00 | Afternoon fresh air | Bikes, Walk the dog, play outside |
| 5:00-6:00 | Dinner | |
| 6:00-8:00 | Free TV time | Kid showers x3 |
| 8:00 | Bedtime | All kids |
| 9:00PM | Bedtime | All kids who follow the daily schedule & don't fight |

What Does Social Distancing Mean?

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases like the coronavirus (COVID-19). Social distancing measures include limiting large groups of people coming together, closing buildings, and cancelling events.



| AVOID | USE CAUTION | SAFE TO DO |
|-------------------------------------|--------------------------|---------------------------|
| Group Gatherings | Visiting a Grocery Store | Take a Walk |
| Sleep Overs | Getting Take Out | Go for a Hike |
| Playdates | Picking Up Medications | Yard Work |
| Concerts | Visiting the Library | Play in Your Yard |
| Theater Outings | | Clean Out a Closet |
| Athletic Events | | Read a Good Book |
| Crowded Retail Stores | | Listen to Music |
| Malls | | Cook a Meal |
| Workouts in Gyms | | Family Game Night |
| Visitors in Your House | | Go for a Drive |
| Non-essential Workers in Your House | | Group Video Chats |
| Mass Transit Systems | | Stream a Favorite Show |
| | | Check on a Friend |
| | | Check on Elderly Neighbor |

Local Supports

| | |
|--|--|
| Health Links Manitoba | (204) 788-8200 toll-free 1-888-315-9257 |
| Southern Health Community Mental Health Child and Adolescent Intake Adult Intake | 1-888-310-4593 1-866-762-0309 or 204-346-7018 |
| Southern Health Crisis Response Services | 1-888-617-7715 or 204-326-9276 |
| Anxiety Disorders Association of Manitoba | 1-800-805-8885 or 204-925-0500 |
| Crisis Stabilization Unit (450 Main. Steinbach) | 204-320-1096 or 1-855-320-1096 |
| MacDonald Youth Services Emergency Crisis Stabilization System | 1-888-383-2776 or 204-949-4777 |