

Parents...during this time of social distancing your kids can be spending even more time than normal on their devices.

Did you know that you can research games, apps, YouTube channels as well as other types of media on the below website?

WWW.COMMONSENSEMEDIA.ORG

"COMMON SENSE IS THE NATION'S LEADING NONPROFIT ORGANIZATION DEDICATED TO IMPROVING THE LIVES OF KIDS AND FAMILIES BY PROVIDING THE TRUSTWORTHY INFORMATION, EDUCATION, AND INDEPENDENT VOICE THEY NEED TO THRIVE IN THE 21ST CENTURY."

A solid orange horizontal bar at the bottom of the slide.

Self-regulation is the ability to manage your emotions and behavior in accordance with the demands of the situation. It includes being able to resist highly emotional reactions to upsetting stimuli, to calm yourself down when you get upset, to adjust to a change in expectations, and to handle frustration without an outburst. It is a set of skills that enables children, as they mature, to direct their own behavior towards a goal, despite the unpredictability of the world and our own feelings.

To learn more about helping children regulate their emotions visit
<https://childmind.org/article/can-help-kids-self-regulation/>

A Guide to Family Talk

Focus on supporting children by encouraging questions and helping them understand the current situation.

Talk about their feelings and validate them

Help them express their feelings through drawing or other activities

Clarify misinformation about how the virus is spread and that not every respiratory disease is COVID-19

Provide comfort and a bit of extra patience

Check back in with your children on a regular basis or when the situation changes

Today's feel good message:
Don't fear your feelings. If today you're happy, embrace it. If tomorrow you're sad, accept it. Your feelings are going to change, and that shouldn't scare you or stress you.

Check out more at the link below!

<https://www.yourlifeyourvoice.org/Pages/tip-Your-Feelings-are-OK.aspx>

Keep the Peace Contract

This “contract” will help you and your kids establish what you can do to get through the coronavirus crisis and how you will treat each other when the stress of being together gets to be too much.

Here are the steps your family members can follow to respond to feelings of stress and frustration!

1. First, pay attention to what your cues are (you may feel like your blood pressure is starting to rise or your palms might get sweaty).
2. When you start to feel frustrated, step away from the situation for 10 minutes. Beforehand, write down what you will do for those 10 minutes to calm down (writing down how you feel, counting backwards from 100, taking some deep breaths).
3. After you’ve calmed down, revisit the situation and work on resolving it

ONLINE SAFETY TIPS TO KEEP YOUR CHILD SAFE DURING THIS TIME OF SOCIAL ISOLATION

- **NOTHING IS MORE IMPORTANT THAN YOU THE PARENT COMMUNICATING WITH YOUR CHILD AND ACTIVELY MONITORING THEIR ONLINE USAGE**
- **ENSURE THAT YOUR CHILD'S ACCOUNTS ARE PRIVATE AND ENCOURAGE THEM TO NOT ACCEPT RANDOM FRIEND REQUEST -** *PRIVATE IS SAFER BUT NOT NECESSARILY SECURE*
- **DISCUSS RULES AND GUIDELINES FOR VIDEO CHATS AND PRIVATE MESSAGING -** *KNOW WITH WHOM THEY ARE CHATTING*
- **LIMIT THEIR NUMBER OF USERS AND FOLLOWERS –** *MAY ENGAGE IN INAPPROPRIATE POSTING TO GAIN MORE FOLLOWERS*
- **TURN OFF LOCATION SETTINGS -** *IT DISPLAYS YOUR CHILD'S LOCATION AND WHAT THEY ARE DOING*
- **EXPLORE ONLINE APPS THAT HELP YOU MONITOR ONLINE USAGE -** *(BARK, TEENSAFE, LIFE 360 ETC.)*



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Recognizing Stress

Symptoms of stress can take many forms. Stress may cause physical complaints, such as tension headaches, back pain, indigestion, or heart palpitations. It may appear as cognitive problems, such as poor concentration and indecisiveness. Emotional symptoms of stress include crying, irritability, and edginess. And stress can also show up as negative behaviors.



COVID-19 (Coronavirus) pandemic brings additional worry. In these unprecedented and uncertain times, there are many steps families and caregivers can take – such as the ones listed below – to provide reassurance to children and adults living with emotional, behavioral and cognitive differences.

Learn more at <https://autismjourney.org/covid-19-helping-families-with-special-needs-during-a-public-health-crisis/>

Expect regressions. When our children/adults with special needs have to adjust to a new routine, or are sensing anxiety around them, it can often come out as behaviors and seem like a loss in skills. This is to be expected.

Have honest conversations in response to your child's/adult's questions and concerns. When providing information, offer it in a developmentally-age appropriate way. Using a social story or pictures and visuals also may be helpful.

Remain calm: As parents and caregivers, it is important to remain calm (or at least act calm, even though we may be dealing with our own anxieties).

A friendly
reminder to stop
scrolling and...

Take time
to pause
and
BREATHE!

3 Anxiety

Breathing Techniques You Can Practice Anywhere

THE MEASURED BREATH

Breathe in slowly through your nose and count to four. Keep your shoulders down and allow your stomach to expand as you breathe in. Hold the breath for a moment. Now release your breath slowly and smoothly as you count to seven.

THE BUMBLE BEE BREATH

Close your throat slightly so you can hear your breath when you breathe in. Cover your ears with your thumbs and your eyes with your fingers. Keep your lips closed lightly and your teeth slightly apart with your jaw relaxed. Breathe out slowly making a low humming sound. Make your exhalation long and smooth.

BELLY BREATHING

Breathe in slowly and deeply through your nose. Your stomach should expand. Exhale slowly through your mouth. As you blow air out, purse your lips slightly, and keep your jaw and tongue relaxed. You may hear a soft "whooshing" sound as you exhale.

AnxietySlayer.com