

April 13 2020

# COUNSELING CORNER

*Lost Mountain Middle School*

*I am in charge of how I feel  
and today I am choosing  
Happiness*

*Social and {Emotional} Distance Learning week 4*

**AVOID CABIN FEVER  
WITH THESE 125 IDEAS  
TO KEEP KIDS  
ENTERTAINED DURING  
THE CORONAVIRUS  
CRISIS**

<https://parade.com/1009774/stephanicosmanski/things-to-do-with-kids-during-coronavirus-quarantine/>

**TAKE CARE OF  
YOURSELF TO TAKE  
CARE OF THE KIDS**

Kids are resilient. If the adults in the house are managing well and framing this for the children, the children are more likely to do well.

## Gratitude Lesson

**TAKE A MOMENT IN YOUR DAY  
TO ASK YOURSELF AND YOUR  
CHILD A SIMPLE QUESTION:  
"WHAT ARE YOU HAPPY  
ABOUT  
TODAY?"**

**THANK  
YOU**

**VISIT THE COUNSELING  
WEBSITE FOR A COMPLETE  
LIST OF RESOURCES  
->TAB COVID-19**

**[HTTPS://LMMSCOUNSELORS.WEEBLY.COM/](https://lmmscounselors.weebly.com/)**

**STEP BY STEP  
PROJECTS TO DO AT  
HOME**

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

## LISTEN TO MUSIC

*How to Work With Your Mind to Stay Calm During This Pandemic  
<https://thebestbrainpossible.com/anxiety-mental-health-coronavirus/>*

- Listening to music was better than prescription medications in reducing stress before surgery.
- People who listened to music had an increase in their levels of Immunoglobulin A (IgA), a type of antibody that is present at mucosal surfaces (digestive tract, lungs, etc.) and helps to prevent infections.
- Music listeners had higher numbers of an immune cell type called "natural killer cells," whose job it is to attack bacteria, infected cells, and cancerous cells.
- Listening to music reduced levels of cortisol in the body. Cortisol is a stress hormone that has many physiological effects, one of which has a role in promoting obesity.



# 1 COVID-19 PARENTING

## One-on-One Time

Can't go to work? Schools closed? Worried about money? It is normal to feel stressed and overwhelmed.

School children also have a chance to make better relationships with their children and teenagers. One-on-One time is fun and fun. It makes children feel loved and secure, and shows them that they are important.

**Set aside time to spend with each child**

It can be for just 10 minutes, or longer - it's up to you. Try to do it at the same time each day so children or teenagers can look forward to it.

**Ideas with your baby/toddler**

- Copy their facial expressions and sounds
- Sing songs, make music with pots and pans
- Stack cups or blocks
- Tell a story, read a book, or share pictures

**Ideas with your teenager**

- Talk about something they like sports, music, celebrities, friends
- Cook a favorite meal together
- Exercise together to their favorite music

**Ideas with your young child**

- Read a book or look at pictures
- Make drawings with crayons or pencils
- Dance to music or sing songs
- Do a chore together - make cleaning and cooking a game
- Help with school work

**Switch off the TV and phone. This is virus-free time**

**Listen to them, look at them. Give them your full attention. Have fun!**

For more information click below links:

Parenting tips from WHO | Parenting tips from UNICEF | In worldwide languages | EVIDENCE-BASE

Partners: UNICEF, USAID, CDC, and others.

# 3 COVID-19 PARENTING

## Structure Up

COVID-19 has taken away our daily work, home and school routines. This is hard for children, teenagers and for you. Helping you structure helps.

**Create a flexible but consistent daily routine**

- Make a schedule for you and your children that fits with the disrupted conditions and as the day. This can help children feel more secure and better behaved.
- Children or teenagers can help you make the schedule for the day. The schedule can be changed. Children and teenagers like to help if they help to make it.
- Include yourself in the schedule. The more you are involved with lots of things at home.

**Teach your child about keeping safe distances**

- It is OK to go outside, get children outside.
- They can walk with them and their parents or older siblings. Put them in a car or bus and leave for school.
- Children or teenagers can help you teach them about how you are keeping safe distances. They can be responsible and safe.

**Make handwashing and hygiene fun**

- Make a game to see how long you can keep your hands with a timer for the best number of seconds. This can be used for each child.
- Make a game to see how long you can keep your hands with a timer for the best number of seconds. This can be used for each child.

**You are a model for your child's behavior**

- If a person wearing with gloves and hygiene around children, then children will learn to be like them. Children and teenagers will learn to be like them.

**At the end of each day, take a minute to think about the day. Tell your child about one positive or fun thing they did. Praise yourself for what you did well today. You are a star!**

For more information click below links:

Parenting tips from WHO | Parenting tips from UNICEF | In worldwide languages | EVIDENCE-BASE

Partners: UNICEF, USAID, CDC, and others.

# 5 COVID-19 PARENTING

## Keep Calm and Manage Stress

This is a stressful time. Take care of yourself, so you can support your children.

**You are not alone**

- Millions of people have the same fears as us. Find someone who you can talk to about how you are feeling. Listen to them. Avoid social media that makes you feel panicked.

**Take a break**

- We all need a break sometimes. When your children are asleep, do something fun or relaxing for yourself. Make a list of healthy activities that YOU like to do. You deserve it.

**Listen to your kids**

- Be open and listen to your children. Your children will talk to you for support and reassurance. Listen to your children when they share how they are feeling. Accept how they feel and give them comfort.

**Take a Pause**

**1-minute relaxation activity that you can do whenever you are feeling stressed or worried**

- Step 1: Set up**
  - Find a comfortable sitting position, your feet flat on the floor, your hands resting in your lap.
  - Close your eyes if you feel comfortable.
- Step 2: Think, feel, body**
  - Ask yourself, "What am I thinking now?"
  - Notice your thoughts. Notice if they are negative or positive.
  - Notice how you feel emotionally. Notice if your feelings are happy or sad.
  - Notice how your body feels. Notice anything that hurts or is tense.
- Step 3: Focus on your breath**
  - Listen to your breath as it goes in and out.
  - You can put a hand on your stomach and feel it rise and fall with each breath.
  - You may want to say to yourself "It's okay. Whatever it is, I am okay."
  - Then just listen to your breath for a while.
- Step 4: Coming back**
  - Notice how your whole body feels.
  - Listen to the sounds in the room.
- Step 5: Reflecting**
  - Think "Do I feel different at all?"
  - When you are ready, open your eyes.

Taking a Pause can also be helpful when you find your child is irritating you or has done something wrong. It gives you a chance to be calmer. Even a few deep breaths or connecting with the feeling of the floor beneath can make a difference. You can also take a Pause with your children!

For more information click below links:

Parenting tips from WHO | Parenting tips from UNICEF | In worldwide languages | EVIDENCE-BASE

Partners: UNICEF, USAID, CDC, and others.

# PARENTING IN THE TIME OF COVID-19

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>

# 4 COVID-19 PARENTING

## Bad Behavior

All children misbehave. It is normal when children are tired, hungry, afraid, or learning independence. And they can drive us crazy when stuck at home.

**Redirect**

- Catch bad behavior early and redirect your kids' attention from a bad to a good behavior.
- Stop it before it starts! When they start to get restless, you can distract with something interesting or fun: "Come, let's play a game together."

**Take a Pause**

- Feel like screaming? Give yourself a 10-second pause. Breathe in and out slowly five times. Then try to respond in a calmer way.
- Millions of parents say this helps - A LOT.

**Use consequences**

Consequences help teach our children responsibility for what they do. They also allow discipline that is controlled. This is more effective than hitting or shouting.

- Give your child a choice to follow your instruction before giving them the consequence.
- Try to stay calm when giving the consequence.
- Make sure you can follow through with the consequence. For example, taking away a teenager's phone for a week is hard to enforce. Taking it away for one hour is more realistic.
- Once the consequence is over, give your child a chance to do something good, and praise them for it.

**Keep using Tips 1-3**

- One-on-One time, praise for being good, and consistent routines will reduce bad behavior.
- Give your children and teens simple jobs with responsibilities. Just make sure it is something they are able to do. And praise them when they do it!

For more information click below links:

Parenting tips from WHO | Parenting tips from UNICEF | In worldwide languages | EVIDENCE-BASE

Partners: UNICEF, USAID, CDC, and others.

# 2 COVID-19 PARENTING

## Keeping It Positive

It's hard to feel positive when our kids or teenagers are driving us crazy. We often end up saying "Stop doing that!" But children are much more likely to do what we ask if we give them positive instructions and lots of praise for what they do right.

**Say the behaviour you want to see**

- Use positive words when telling your child what to do like "Please put your clothes away" (instead of "Don't make a mess")

**It's all in the delivery**

- Shouting at your child will just make you and them more stressed and angrier. Get your child's attention by using their name. Speak in a calm voice.

**Praise your child when they are behaving well**

- Try praising your child or teenager for something they have done well. They may not show it, but you'll see them doing that good thing again. It will also reassure them that you notice and care.

**Get real**

- Can your child actually do what you are asking them? It is very hard for a child to keep quiet inside for a whole day but maybe they can keep quiet for 15 minutes while you are on a call.

**Help your teen stay connected**

- Teens especially need to be able to communicate with their friends. Help your teen connect through social media and other safe distancing ways. This is something you can do together, too!

For more information click below links:

Parenting tips from WHO | Parenting tips from UNICEF | In worldwide languages | EVIDENCE-BASE

Partners: UNICEF, USAID, CDC, and others.

# 6 COVID-19 PARENTING

## Talking about COVID-19

Be willing to talk. They will already have heard something. Silence and secrets do not protect our children. Honesty and openness do. Think about how much they will understand. You know them best.

**Be open and listen**

- Allow your child to talk freely. Ask them open questions and find out how much they already know.

**Be honest**

- Always answer their questions truthfully. Think about how old your child is and how much they can understand.

**Be supportive**

- Your child may be scared or confused. Give them space to share how they are feeling and let them know you are there for them.

**There are a lot of stories going around**

- Some may not be true. Use trustworthy sites: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public> and <https://www.unicef.org/emergencies/2019-nCoV>

**It is OK not to know the answers**

- It is fine to say "We don't know, but we are working on it, or we don't know, but we think." Use this as an opportunity to learn something new with your child.

**Heroes not bullies**

- Explain that COVID-19 has nothing to do with the way someone looks, where they are from, or what language they speak. Tell your child that we can be compassionate to people who are sick and those who are caring for them.
- Look for stories of people who are working to stop the outbreak and are caring for sick people.

**End on a good note**

- Check to see if your child is okay. Remind them that you care and that they can talk to you anytime. Then do something fun together!

For more information click below links:

Parenting tips from WHO | Parenting tips from UNICEF | In worldwide languages | EVIDENCE-BASE

Partners: UNICEF, USAID, CDC, and others.