

Raising Healthy Kids

Spring 2020



Since the coronavirus pandemic flooded our lives, so many parents are asking for help with new challenges, as well as old challenges that have been worsened by this crisis. Every family is under so much stress and the biggest challenge we all face right now is isolation and fear. With strength and determination we can overcome these challenges during this difficult time.

Let's support each other to choose love, give ourselves forgiveness when we fall short, teach our bickering children the emotional intelligence skills to get along in difficult situations and help our kids develop the ability to play independently. Let's use this opportunity to establish stronger, healthier bonds within our families - by looking after each other and discover new ways to connect. This newsletter, filled with resources, was intended to help and support you during this pandemic crisis.

HELPING YOUTH COPE WITH CHANGES DURING COVID-19

www.nasponline.org

Stay calm, listen and offer reassurance

- Be a role model
- Explain social distancing
- Focus on the positive
- Identify projects that might help others
- Be aware of how you talk about Covid-19
- Demonstrate deep breathing
- Establish and maintain a daily routine
- Offer lots of love and affection

Monitor television viewing and social media

Take time to talk

Be honest and accurate

- Stay up to date on the facts www.cdc.gov
- Department of Health's (RIDOH) [COVID-19 Disease web page](#) including a page in Spanish.

RIDOH's COVID-19 Hotline
401-222-8022
for general questions about COVID-19
open 8 a.m. to 8 p.m.

HELPFUL TIPS

STAY CONNECTED TO SCHOOL | MODEL HYGIENE AND HEALTHY LIFESTYLE PRACTICES BE AWARE OF YOUR CHILDREN'S MENTAL HEALTH



Most children will manage well with the support of parents and other family members, even if showing signs of some anxiety or concerns, such as difficulty sleeping or concentrating.

Some children, however, may have risk factors for more intense reactions, including severe anxiety, depression, and suicidal behaviors. Risk factors can include a pre-existing mental health problem, prior traumatic experiences or abuse, family instability, or the loss of a loved one.

Parents and caregivers should contact a professional or contact [KidsLink RI 1-855-543-5465](tel:1-855-543-5465) if children exhibit

significant changes in behavior or any of the following symptoms for more than 2 weeks.

Preschoolers—thumb sucking, bedwetting, clinging to parents, sleep disturbances, loss of appetite, fear of the dark, regression in behavior, and withdrawal.

Elementary school children—irritability, aggressiveness, clinginess, nightmares, school avoidance, poor concentration, and withdrawal from activities and friends.

Adolescents—sleeping and eating disturbances, agitation, increase in conflicts, physical complaints, delinquent behavior, and poor concentration

Keeping Siblings from Each Other's Throats During Quarantine Forced Togetherness



"One of my children is having such a hard time that he's making everyone in the family miserable. How do we keep our kids from each others' throats when we're all home, all the time?!"

Family life is hard enough in ordinary times, because kids are still learning basic skills to get their needs met without attacking others and, truth be told, so are parents.

So right now, in the middle of the virus pandemic, it's not surprising that many homes feel like a pressure cooker. If your children are at each others' throats and you're getting fed up, you're not alone.

[Read the Full Article Here](#)

Turn Down the FireHOSE - Reduce Anxiety for Young Kids and Tweens

In the moment, stress can feel like taking a firehose to the face: It's hard to think clearly. This acronym can help both young kids and the tweens. It's four questions they can ask themselves when they feel their mood dip or their anxiety rise.

Four questions that help turn down the hose.

H: Am I hungry ?

O: Am I overstimulated?

S: Do I need sleep?

E: Do I need exercise?



Mindfulness for young kids.

<https://www.youtube.com/watch?v=BkqU7l-fcU>

New Horizon:Kids Meditation App free

<https://apps.apple.com/us/app/new-horizon-kids-meditation/id1457179117#?>

5-4-3-2-1 - Reduce Anxiety for Adults and Young adults

When anxiety threatens our peace of mind, it can be difficult to stay in the moment. But one mindfulness tool used by multiple psychologists has the potential to pull our brains free from the anxiety by grounding us in the present.

1. Start with conscious breathing. Breathe in for 5 seconds, hold the breath for 5 seconds, and breathe out for more than 5 seconds. Continue this pattern until you find your thoughts slowing down.
2. Slow, deep, long breaths can help you maintain a sense of calm or help you return to a calmer state. Once you find your breath, go through the following steps to help “ground” yourself:

This technique is one of many options you could use if you are feeling anxious or overwhelmed. If you continue to have trouble refocusing or coping with these feelings, please reach out to your doctor or contact **401-414-LINK** (5465) for adult mental health services.

How To Prevent An ANXIETY ATTACK

Start by breathing deeply in through your nose, and out through your mouth. Then, slowly bring awareness to...

-  5 Things you can see
-  4 Things you can touch
-  3 Things you can hear
-  2 Things you can smell
-  1 Emotion you can feel

This is called **grounding** - it helps when you've gone too far in your own head and lost all control of your surroundings.

Please share this - it could really help someone in need!



Staying Active Helps Improve Your Well-Being

Any exercise will help relieve stress by keeping the body healthy and releasing endorphins, natural hormones that make you feel better. Little bodies and big bodies need to move. Neuropsychologist Wendy Suzuki says that “exercise is the most transformational thing you can do for your brain” because exercise boosts mood and improves focus and cognition. It helps us to be responsive instead of reactive.

Cosmic Yoga

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

Cardio

<https://www.youtube.com/watch?v=5if4cjO5nxo>

Zumba

<https://www.youtube.com/watch?v=FP0wgVhUC9w>

Fun Activities for Adults

Museums

<https://www.gallerynight.org/march-2020>

Books – Free online books can be found at openlibrary.org for all ages and genres.

https://openlibrary.org/subjects/fantasy#sort=date_published&ebooks=true

Music- Sofa King Fest

<https://www.sofa-king-fest.com/>

Fun Activities for Kids

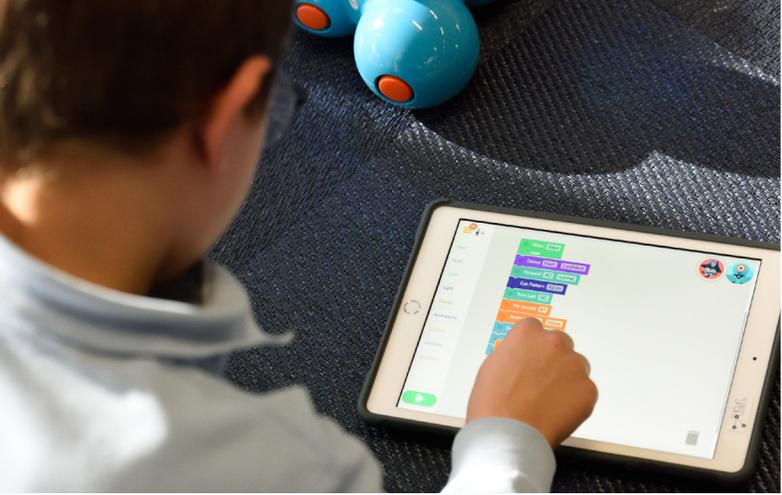
101 fun things to do in covid-19 isolation

<https://www.123homeschool4me.com/101-fun-things-to-do-in-covid-19-isolation/>

Kids for Peace

<https://kidsforpeaceglobal.org/COVID-19/>





ONLINE LEARNING RESOURCES FOR KIDS

- [Build a lesson around any TED-Ed Animation or YouTube video](#)
- [Make any room a classroom with Brain Pop](#)
- [Planning for school closures with Scholastic Learn at Home](#)
- [Making time for family math](#)
- [Coding for Kids: Free Classes from Code Wizards](#)
- [Mo Willems Live Stream Daily Doodle](#)
- [NASA's media library is now publicly accessible for free](#)
- [Children's Book authors offering online videos for free](#)
- [Learn Spanish for free](#)
- [Daily free learning workbooks from EdHelper](#)
- [5-Minute Speech Therapy Activities](#)
- [View the Entire List Here.](#)

ONLINE LEARNING RESOURCES FOR HIGH SCHOOLERS

- Khan Academy offers free lessons in math, science and humanities. Students can use exercises, quizzes and instructional videos to learn and master skills. They will get immediate feedback and encouragement. <https://www.khanacademy.org/>
- Nova: Compelling science videos have high-quality classroom applications <https://www.common sense.org/education/website/nova>
- Quizlet: Master any subject, one success at time or an app to find, create, use digital flashcards <https://quizlet.com/>



GRAB & GO LUNCHES AVAILABLE IN OUR REGION

CRANSTON
 Mon, Wed & Fri
 11:30 - 1:00
*(breakfast & lunch is provided for every day of the week *ie. sat. and sun on friday pickup)*
 Edgewood Highland Elementary
 George J. Peters Elementary
 Gladstone Elementary
 Hugh B. Baine MS
 Park View MS

NORTH PROVIDENCE
 Monday - Friday
 11:30 - 12:30
(breakfast & lunch served together)
 Centerdale Elementary
 North Providence HS
 Ricci MS
 Whelan Elementary

JOHNSTON
 Monday - Friday
 12:00 - 1:00
(breakfast & lunch served together)
 *Saturday & Sunday meals given on Friday
 Johnston HS
 Thornton Elementary

SCITUATE
 Monday - Friday
 12:00 - 1:00
(breakfast & lunch served together)
 Scituate HS



www.spcregionalpreventioncoalition.org



Tri-County Community Action Agency
 Southern Providence County
 Regional Coalition
 Cranston • Johnston • North Providence • Scituate • Smithfield



SPRC is a federally funded organization providing mental health promotion and substance use prevention.