

# TIPS FOR FAMILIES

MAINTAINING YOUR SANITY WHILE SOCIAL DISTANCING



## TALK TO YOUR CHILDREN

- Ask your child to tell you what they know about covid-19. you can share facts as needed.
- Help children draw pictures or other activities to express themselves.
- Be extra patient and provide to children if they are worried.
- Limit screen time about COVID-19.

## BUILD IN SOME ROUTINE

IT IS NORMAL FOR CHILDREN TO FEEL LONELY, WORRIED, OR BORED. A REGULAR ROUTINE HELPS.

- Keep your family's bedtime, meal and exercise routines consistent.
- Do things at home that have made you and your family feel better in other stressful situations. (Movies, music, games, exercise, religious activities.)
- Do not feel that you have to be connected to every educational activity/resource offered.
- Include children in chores around the house so they can feel a sense of accomplishment.
- Limit screen time.

## GET ACTIVE

- Find ways to include movement and physical activity, such as a dance party or yoga stretches.
- Get outside and go on a scavenger hunt! While parks and play structures are off limits, you can still go on hikes and walks.

## What's your self-care today?

Something adult-y and not fun.	Yoga, meditation, or something zen.	Physical activity or gym time.	Resting + catching up on sleep.
Pausing & taking a break.	Catching up on house-work.	Unplugging from social media.	Something warm and comforting.
Making yourself feel better.	Getting out of the house.	Taking your meds or vitamins.	Connecting with your support system.
Time to yourself.	Cuddling a soft furry creature.	Tea, books, or writing.	Time being creative.

Blessing Manifesting

## SELF CARE

YOU ARE A ROLE MODEL FOR YOUR CHILDREN. HOW YOU HANDLE THIS STRESSFUL SITUATION CAN AFFECT HOW YOUR CHILDREN MANAGE THEIR WORRIES.

- As a caregiver, take small breaks when you can.
- Be aware of your feelings and how to positively process.
- Connect with friends and family by phone, text or email to find support.
- Take a break from social media if it's giving you anxiety.
- Reconnect with things you enjoy that help you reduce stress.
- Be kind to yourself and be realistic. Every day is not going to be perfect, and that's okay!

## TOOLS AND RESOURCES

- Mental Health Crisis & Access line 24/7(888) 965-6647 TDD (800)735-2929 24/7
- Suicide Prevention Hotline: Toll Free (800) 273-8255
- Yolo Food Bank: [Yolofoodbank.org](http://Yolofoodbank.org) (530)668-0690
- Yolo Family Service Agency: (530) 662-2211
- Human Services Agency (HNSA): (888) 965-66472-1-1
- Yolo Resources: Dial 2-1-1 from any phone or call Toll Free 1-855-866-1783
- Yolo County Children's Alliance: Parent Education Guides <https://www.yolokids.org/parent-education-guides>
- Five Helpful Responses for Families <https://consciousdiscipline.com/covid-19-five-helpful-responses-for-families/>

## WHAT ARE SIGNS OF COVID-19?

Symptoms include a fever of 100.4 degrees or higher AND any respiratory symptoms including:

Cough  
Runny Nose  
Sore Throat

### CENTER FOR DISEASE CONTROL AND PREVENTION

<https://www.cdc.gov/coronavirus/2019-nCoV/>

### WHAT TO DO IF YOU'RE SICK

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>