During a Time of Social Distancing:
1. Partner with your child’s school to receive support regarding eLearning.
2. Create structure and routine by writing down a daily schedule.
3. Develop daily expectations and privileges to help create consistency and routine.
4. Allow your child privileges to increase motivation. Extra electronics time, such as playing a video game or enjoying 10 minutes of social media, can be used as a reward for focus or productivity.
5. Include walks, time outside, and other forms of exercise as part of the routine.
6. Reserve time to play games, create crafts, and brainstorm fun ideas.
7. Employ mindfulness techniques, meditation or online yoga to help reduce stress.
8. Encourage your child to connect with others via telephone, letters or face time calls.
10. Engage in laughter with family members often.
11. Schedule phone sessions/telehealth sessions with psychiatric providers. Call AMITA 844.366-0161 for child and adolescent therapeutic options and resources.
12. Text HOME to 741741 to access the crisis line for immediate emotional support.
13. Self-care is key during this time of stress and uncertainty.
14. Remember you are not alone and avoid being self-critical during this time!

Helpful Youtube Channels
Tykes of Tomorrow: Progressive Muscle Relaxation for Kids
Happy Minds: Meditation and Sleep Stories

Helpful Online Resources
18 Coping Skills: Strategies for Children and Teens — The Helpful Counselor
Activities for Anxious Kids — The School Counseling Files