

Resources for Parents

Advice During this difficult time

For most of us, life feels anything but normal right now with the COVID-19 pandemic. Schools closed and working from home can cause an increased level of stress and anxiety. You will feel better if you can find ways to get stress out of your system. The best ways to relieve stress are different for each person. Try some of these ideas to see which ones work for you:

- Exercise! Regular exercise is one of the best ways to manage stress. Walking is a great way to get started while maintaining social distancing. Or, find creative ways to get your body moving such as a dance party or yoga in your living room.
- Write. It can help to write about the things that are bothering you.
- Let your feelings out. Talk, laugh, cry, and express anger when you need to with someone you trust.
- Do something you enjoy. A hobby can help you relax.
- Learn ways to relax your body. This can include breathing exercises, muscle relaxation exercises, massage, aromatherapy or relaxing exercises stretching.
- Focus on the present. Try meditation and imagery exercises that bring you into the present. Try to look for the humour in life. Laughter really can be the best medicine.
- Text "COVID19Hope" to 393939 to get daily uplifting messages that can include links to build coping skills during COVID-19
- Healthy Together, is a guide to family and home life during COVID-19. Each weekday, new story about how families can be healthy, active and safe in these changing times will be posted. It also includes "Latest Mental Wellness Moment" with Dr. Nicholas Mitchell - AHS Provincial Medical Director for Addiction and Mental Health.

<https://www.albertahealthservices.ca/news/Page15439.aspx>

The World Health Organization created six one-page tips for parents cover planning one-on-one time, staying positive, creating a daily routine, avoiding bad behaviour, managing stress, and talking about COVID-19.

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

Mental Health Resources

Get Help Now
Emergency – 911
Health Link – 811

Important Phone Numbers

Addiction Helpline – 1-866-332-2322
Family Violence – Find Supports – 310-1818
Income Supports – 1-866-644-5135
Kids Help Phone – 1-800-668-6868, Text CONNECT to 686868
Mental Health Helpline – 1-877-303-2642

MyHealth.Alberta.ca: List of Important Numbers

Toll Free Crisis Line / Distress Centers

780 area code: 1-800-482-4357

403 area code: 1-800-784-2433

<https://indigenous.link/indigenous-services-canada/>

Online Chat Services

<https://edmonton.cmha.ca/programs-services/online-crisis-chat/>

Alberta Health Services has resources and services available to help you or someone you know. Remember, if you are struggling you are not alone. There are supports in place to help you.

<https://www.albertahealthservices.ca/amh/Page16759.aspx>

Resources for Scheduling your family and keeping things normal

Routines and schedules provide children with a sense of stability, security, and structure that can help keep boredom and frustration to a minimum. By having consistent routines you can create a new normal for your family. Include meal times, physical activity, breaks, time for creativity such as arts and crafts, and time for each of the core subjects (Math, Social, Science and English). You can create this schedules by using a piece of paper and colouring tools, or use an online schedule builder. Have your kids be a part of building their schedule as they will follow it better if they have input!

<https://schedulebuilder.org/>

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. Making new routines can help.

Create a flexible but consistent daily routine

- Make a schedule for you and your children that has time for structured activities as well as free time. This can help children feel more secure and better behaved.
- Children or teenagers can help plan the routine for the day – like making a school timetable. Children will follow this better if they help to make it.
- Include exercise in each day – this helps with stress and kids with lots of energy at home.



You are a model for your child's behavior

- If you practice keeping safe distances and hygiene yourself, and treat others with compassion, especially those who are sick or vulnerable – your children and teenagers will learn from you.

Teach your child about keeping safe distances

- If it is OK in your country, get children outside.
- You can also write letters and draw pictures to share with people. Put them up outside your home for others to see!
- You can reassure your child by talking about how you are keeping safe. Listen to their suggestions and take them seriously.

Make handwashing and hygiene fun

Make a 20-second song for washing hands. Add actions! Give children points and praise for regular handwashing.

Make a game to see how few times we can touch our faces with a reward for the least number of touches (you can count for each other).

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



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How to Talk to Your Teen about the Pandemic

As public conversations around COVID-19 increase, students may worry about themselves, their family, and friends. Parents and family members can play an important role in helping children make sense of what they hear in a way that is honest, accurate, and minimizes anxiety or fear. Canadian Mental Health provides tips for parents on how to talk to their teens.

The following information has been provided by Alberta Health Services and the U.S. Centre for Disease Control.

- Remain calm and reassuring.
 - Remember that children will react to both what you say and how you say it. They will pick up cues from the conversations you have with them and with others.
- Make yourself available to listen and to talk.
 - Make time to talk. Be sure children know they can come to you when they have questions.
- Avoid language that might blame others and lead to stigma.
 - Remember that viruses can make anyone sick, regardless of a person's race or ethnicity. Avoid making assumptions about who might have COVID-19.
- Pay attention to what children see or hear on television, radio, or online.
 - Consider reducing the amount of screen time focused on COVID-19. Too much information on one topic can lead to anxiety.
- Provide information that is honest and accurate.
 - Give children information that is truthful and appropriate for the age and developmental level of the child.
 - Talk to children about how some stories on COVID-19 on the Internet and social media may be based on rumors and inaccurate information.
- Teach children everyday actions to reduce the spread of germs.
 - Remind children to stay away from people who are coughing or sneezing or sick.
 - Remind them to cough or sneeze into a tissue or their elbow, then throw the tissue into the trash.
 - Discuss any new actions that may be taken to help protect children and school staff. (e.g., increased handwashing, cancellation of events or activities)
- Get children into a handwashing habit.
 - Teach them to wash their hands with soap and water for at least 20 seconds, especially after blowing their nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.

- If soap and water are not available, teach them to use hand sanitizer. Hand sanitizer should contain at least 60% alcohol. Supervise young children when they use hand sanitizer to prevent swallowing alcohol.

<https://cbe.ab.ca/about-us/school-culture-and-environment/health-and-wellness-in-school/Pages/Positive-Mental-Health.aspx>

https://www.camh.ca/-/media/files/camh_covid19_infosheet-talking_to_kids-pdf.pdf

How to Keep your Teen Busy

Keeping busy with continued learning. Taken from Alberta Education;

- School authorities will offer at-home learning opportunities for all Kindergarten to Grade 12 students online or through accommodations like course packages and telephone check-ins.
- Teachers will determine what content to cover based on remaining curricular outcomes and plan tasks that are reasonable to do from home.

Grades 7 to 9

Education content will focus on core curriculum outcomes of:

- mathematics
 - language/literacy
 - science
 - social studies
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- Teachers will assign an average of **10 hours** of work per student per week and must work with students and parents to deliver these materials.

Grades 10 to 12

Education content will focus on specified and core courses required for high school graduation requirements, including:

- language (English, French and French Language Arts)
 - social studies
 - mathematics
 - biology
 - chemistry
 - physics
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- Teachers will deliver content from other courses where possible.
 - Teachers will assign an average of **3 hours** of work per course per week and must work with students and parents to deliver these materials.

Keeping your teen active and encourage them to burn off their energy may be particularly challenging, but even with social distancing you should still have some

options. Going for walks, creating an obstacle course around your house, or playing music and dance videos can be a fun way to get them active. Here are some links to a few fun ideas;

<https://www.todaysparent.com/family/activities/15-ways-to-keep-kids-active-indoors-even-if-you-dont-have-much-space/>

<https://www.youtube.com/watch?v=pj4TVbnIEgk> 10 minute no equipment work-out for teens

<https://www.youtube.com/watch?v=5if4cjO5nxo> fun cardio workout for the whole family!

<https://www.youtube.com/watch?v=Rj2lubFfEqY> for those dance lovers, try this routine!

Chores are essential! Many experts agree that helping around the house earlier in the day helps remind teens and kids that they're an important part of their family units. But it also can minimize stress on the parents and give your teens a break from screen time. Plus, adding in chore time to when parents might be cleaning themselves helps encourage kids to join in. Teens also need that positive reinforcement of a job well done!

Resources for Students

How to deal with stress

Without a doubt, many of us are feeling anxious as we navigate the uncertainty of COVID-19. We're feeling it too, and we wanted to share some of the tools we're using to take care of our minds and stay grounded. Youth Mental Health Canada provides a video that provides youth with tips on keeping your mental health in check during this time. <https://www.facebook.com/YMHECanada/videos/140748617358275/>

UNICEF has also provided an article for teens that outlines how we can protect our mental health. Strategies such as finding ways to connect with friends are important, especially when we are social distancing. Using FaceTime, Google hangout, or Facebook video chat can connect you to your friends. Now that students have more free-time, get back into writing, drawing, reading or any other hobby you may find have not had much time for during the school year.

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

The CALM app has provided a free resource page for those who may need it. Enjoy hand-picked meditations and mindfulness exercises to support your mental and emotional wellness through this time. <https://blog.calm.com/take-a-deep-breath#resources>

Students can also download Insight Timer, a free app, onto your smart phone and have over 35,000 free meditations and relaxation activities at your fingertips.



Tips for online learning

As we move to online methods, it will test your ability to stay on task! The following can help limit distractions while working on the computer, and help keep you focused;

1. Schedule your day
2. Go full screen and try to block out any other distractions on your screen if possible.
3. Hide distracting web sites and apps
4. Silence social media notifications
5. Track how you spend your time
6. Keep a procrastination pad to write down all your daily distractions
7. Train your brain to focus by taking breaks to refocus
8. Go easy on yourself. Distractions are normal and if you find yourself becoming distracted, take a 5-10 minute break and then get back to your work.

How to contact your teacher if you are having trouble with your school work

If you know your teacher's email address email them directly with your questions and concerns. Teachers' emails are the same as student's firstname.lastname@ngps.ca, but if you do not know your Teachers name, send them an email through the OJSH school website at <https://www.foxcreekschool.ca/> . Students can also call the school at 780-622-3742 and leave the teacher a message.

How do you find reliable information online?

Finding reliable and accurate information online can be more difficult than we realize. Those who primarily only social media to learn about COVID-19 can receive information that is not true and can cause you more harm than good. Students can use these guidelines to determine whether a source can be considered trustworthy.

https://www.caringforkids.cps.ca/handouts/health_information_on_the_internet

Students can also use these websites to keep themselves informed about COVID-19:

<https://www.albertahealthservices.ca/>

<https://www.albertahealthservices.ca/topics/Page16944.aspx>

<https://www.alberta.ca/student-learning-during-covid-19.aspx>

<https://www.canada.ca/en.html>

<https://www.who.int/>

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