

# Family Advocacy Center



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## HELPFUL HINTS

WHILE YOUR FAMILY STAYS AT HOME



### Instead of binge watching

Schedule times your family will watch television news. This way you can get "up to date" information but avoid watching endless streams of stressful news.

Turn off the news when children are present as it can increase their anxiety (and yours!). If they do listen to the news, talk together about what they

### Stay Informed & Minimize Stress

[World Health Organization](#)

[Centers for Disease Control and Prevention](#)

[PA Department of Health](#)

[Delaware County](#)

[Chester County](#)

[COVID19 Cases in PA](#)

are hearing to calm their fears and correct any misunderstandings.

Talking about the news is an important way for everyone in the household to process the latest developments and feel more supported and connected. Find the latest government announcements and resources in the green circle above.

# Parenting Tips

Take care of yourself first!

- Eat well
- Exercise
- Get plenty of sleep
- Pray or meditate
- Call family and friends
- Take a break
- Enjoy hobbies and leisure

Be open to talking to your children about the virus. Let your child share how they feel, and be honest and supportive.

Everyday, set aside some quality time for each child. Listen, smile, and model calm and peace. Let your children know you love them and believe in them. Praise your children when they are behaving well.

Redirect bad behaviors without displaying anger. When you feel frustrated, practice breathing deeply "in and out 5 times" then help direct your child's behavior toward something more positive.



**American Academy of Pediatrics**

- [Positive Parenting & COVID19: 10 Tips to Help Keep Calm at Home](#)
- [HealthyChildren.org](#)



**"Live so that when your children think of fairness, caring, and integrity, they think of you."**

**H. Jackson Brown, Jr.**

**World Health Organization**

- [HealthyParenting](#)



## Ideas for Fun and Relaxation

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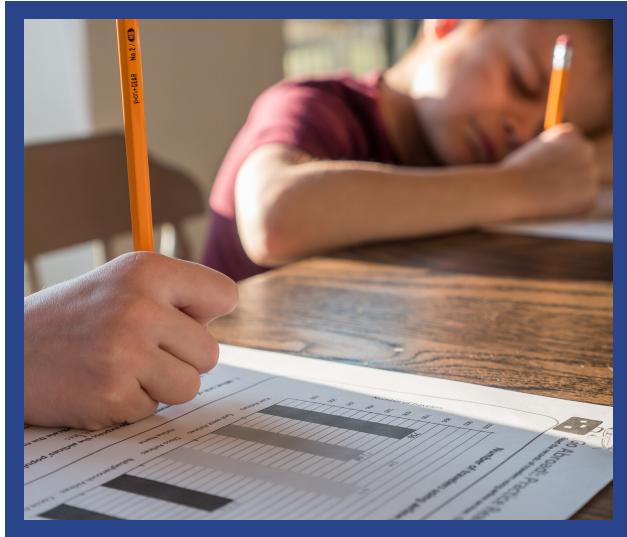
Take a break and engage in a hobby or leisure activity you enjoy. Be curious! Go outside of your comfort zone and try something new!

- **Watch a movie**
- **Go for a walk**
- **Listen to music & dance**
- **Play a game**
- **Call a friend**
- **Cook as a family**
- **Keep a journal**
- **Take a nap**
- **Write a letter**
- **Eat a favorite snack**
- **Pray or meditate**

## Do virtual meet-ups!



## Learning and Working at Home



Contact your child's teacher about educational online and offline activities your children should do if they haven't been providing those details via email. Remember kids learn best when they can take a lot of breaks and move around a lot. Sometimes 20 minutes of learning followed by a 10 minute break is best for younger (and sometimes older) kids!

"Have an aim in life, continuously acquire knowledge, work hard, and have perseverance to realize the great life."

APJ Abdul Kalam

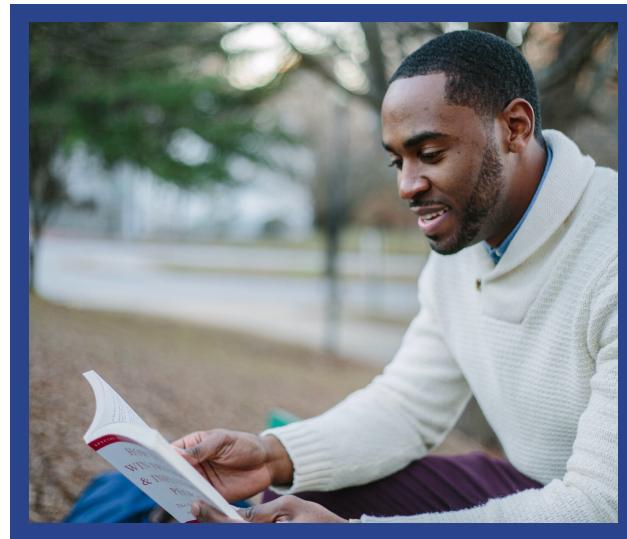
Talk with your kids about what their daily structure will be during this time. As a family, create a daily schedule around what works best for everyone and then hang it where everyone can see it. Develop a routine where everyone goes to bed and wakes up at a normal time. List the times for meals, learning, work, exercise, breaks, fun activities and leisure. Let your teens and young adult children create their own with feedback and insight from you. Help to maintain a sense of peace.

Read  
How to Keep a  
Healthy and  
Productive  
Schedule at Home

# HEALTH AND WELLNESS

## TAKE CARE OF YOURSELF FIRST

Be intentional to care for yourself. Reflect on what works for you then make a simple plan. When you go off course, remember that happens to everyone! Just keep returning to your plan, reflect, and make adjustments.



- Eat well
- Exercise
- Take regular walks
- Get extra sleep
- Pray or meditate
- Call family & friends to stay connected
- Take up a hobby
- Finish a project

"Faith is taking the first step even when you don't see the whole staircase."

Martin Luther King

## Things to do when you are bored

- [12 World Class Museums You Can Visit Online](#)
- [Boredom Busters: 110 Fun At Home Activities](#)
- [15 Fun and Easy Family Activities that You can Do at Home](#)
- [55+ Things to do When You're Bored](#)

# MAKE CARING FOR OTHERS

PART OF YOUR DAILY LIFE



Practice being kind, thoughtful, and generous to the people you care about. Spend time helping others develop a greater sense of belonging. Make this a time of deeper reflection and intentionally grow deeper relationships by asking questions, listening intently, and sharing honestly with others you care about. Find some good conversation topics below.

## Conversation Topics

- **What are some of the things/people in your life you are most grateful for?**
- **Who was your first "crush"?**
- **What three habits will improve your life?**
- **If you could have lunch with one person, who would it be?**
- **What really makes you angry?**
- **What or who influenced you to choose your career?**
- **What does a successful relationship look like to you?**
- **What was your upbringing like?**
- **What goals do you have for the next few years?**
- **When are you happiest?**
- **What's on your bucket list?**

# Find 253 Questions to Ask- The Only List You'll Need Here

Show concern for others' thoughts, feelings, and problems. When we share thoughts and feelings, we build trust and grow stronger in relationships.

Identify way to reconnect with old friends. Decide to avoid unhealthy relationships by seeking to strengthen relationships with people who are a positive influence. Is there anyone you wish to consider forgiving for past hurts? This could be a wonderful time to reconcile. Is there someone from whom you'd like to seek forgiveness for something you've done?



**To err is human,  
but to forgive divine!**

**Alexander Pope**

# RESOURCES FOR FAMILIES

WE ALL NEED SUPPORT

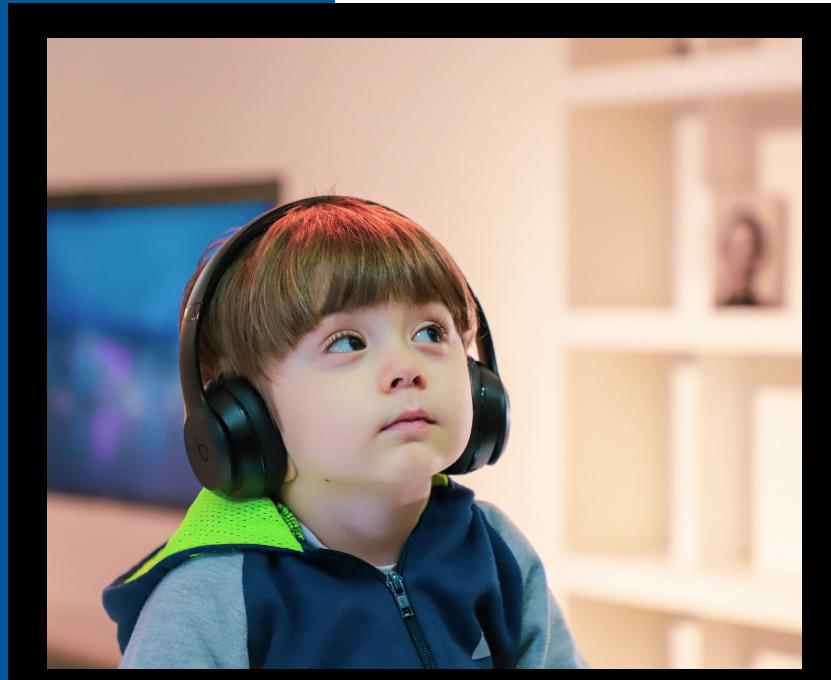


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Listen to podcasts or audiobooks by downloading and installing the app Libby for iPhone or Android. As long as you have a library card, you can use this app to borrow audiobooks or ebooks from multiple libraries throughout the country and play them right on your phone.

Visual communication is more meaningful and fun than phone or email. If you can, use Skype, Facetime, Zoom, or Teams to schedule videoconferencing with your family, friends, and co-workers.

[Get started with ZOOM.](#)



# Mental Health

Wisdom tells us that we all need the support of others. It just takes a little humility and courage to seek that support.

For mental health concerns, call your county's "warm line" during hours of operation OR call the state's support line 24/7 at 1-855-285-2494.

For TYY dial 724-631-5600

**More mental health sources on the next page!**

## WARM LINES

<b>Chester County</b>	<b>866-846-2722</b>
<b>Delaware County</b>	<b>855-464-9342</b>
<b>Montgomery County</b>	<b>855-715-TALK</b>
<b>Philadelphia County</b>	<b>855-507-9276</b>
<b>NAMI Helpline</b>	<b>800-950-6264</b>



## ONLINE SUPPORT

Child Guidance Resource Center is offering free one-hour Zoom meetings twice a week. Run by therapists, sessions will offer supportive check-ins, or focus on topics such as mindfulness, anxiety, or schooling from home.

To register, email

[Lrichmond@cgrc.org](mailto:Lrichmond@cgrc.org)

These Zoom rooms are available to anyone; talk or just listen.

*Call your county's  
"crisis line" to  
connect with well  
trained staff*

Call your county's "crisis line" to connect with well trained staff who can assess the situation, arrange for an evaluation, and make service referrals

## CRISIS LINES

Chester County	<b>877-918-2100</b>
Delaware County	<b>855-889-7827</b>
Montgomery County	<b>855-634-4673</b>
Philadelphia County	<b>215-686-4420</b>
Crisis Text line	<b>741-741</b>

In an  
emergency  
call 911



# RESOURCES TO HELP FAMILIES

## TAKE CARE OF YOURSELF AND OTHERS

Be intentional to care for yourself and others. If you or anyone you know needs help, here are some resources to help!



## HELPFUL LINKS

- [Child Mind Institute, Supporting Kids During COVID19](#)
- [How to Avoid Passing Anxiety on to Your Kids](#)
- [Humanity Crew, Video Talking to Kids bout the Virus](#)
- [Child Traumatic Stress Network, Parent Caregiver Guide to Helping Families Cope](#)
- [Guia de ayuda para padres y cuidadores para ayudar a las familias a enfrentar la enfermedad Coronavirus 2019 \(COVID-19\)](#)
- [Boys and Girls Clubs of America](#)
- [Child Mind Institute: Talking to Kids about COVID19](#)
- [Children's Institute COVID19 Resources for Families](#)
- [Generations United: COVID19 Fact Sheet for Grandfamilies and Multigeneraltional Families](#)

# WHAT IF

## SOMEONE GETS SICK?



### If anyone in your home

If someone starts showing symptoms of COVID-19, call your doctor to discuss what to do. Symptoms may appear 2-14 days after exposure and may include fever, cough, shortness of breath. About half of the people exposed to COVID-19 show no symptoms but are "carriers" who can transmit the virus and cause others to get ill. People who are over age 60 are at higher risk of severe illness with COVID-19.

### Stay Healthy

Follow Guidelines to Prevent Illness



**The most basic and powerful way to connect to another person is to listen. Just listen.  
Rachel Naomi Remen**

”

Stay connected with family and friends by phone, texting, social media or video chats and, if you need to visit, maintain social distancing at all times. Take proper precautions and follow all government restrictions.

## Follow These Guidelines

- Wear a mask when you leave home
- Maintain social distancing
- Follow Stay-At-Home orders
- Avoid close contact with people who are sick
- Avoid touching your eyes, nose, and mouth
- Stay home when you are sick and call your health care provider for instructions
- Wash your hands!
- Clean and disinfect frequently touched objects



## Need a mask?

**Find No Sew  
DIY mask  
directions [here](#)**

**Find DIY face masks  
to sew [here](#)**

**May 8th is PA's target date to open more businesses on a limited basis. Philadelphia area may take longer due to population.**

- Get groceries 1x per week
- Refrain from non essential travel
- Do not host or attend gatherings

**Read more about Gov. Wolf's order establishing protocols to help employees maintain social distance during work including mandatory mask wearing.**

\***Frequently asked questions about Governor Wolf's order for businesses**

# SOURCES

American Academy of Pediatrics

America's Promise Alliance

Centers for Disease Control and Prevention

Center for the Study of Traumatic Stress

National Alliance on Mental Illness

PA Care Partnership

Pennsylvania Department of Human

Services

SAMSHA

World Health Organization

Family Advocacy Center



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