



### **Be honest and accurate.**

Make sure you know the facts and that you're relying only on credible sources. Monitor what your children are reading or watching. There is a lot of misinformation out there. Be reassuring: Children often imagine situations far worse than reality. Explain that, for now, very few people in this country are sick with COVID-19 and that most people get better.

### **Keep to routines but don't forget to play!**

In the absence of usual routines, try to create new ones. Keep to usual bedtimes, meal times and exercise. Make opportunities for children to play and relax. Do creative things with them. Work together on a creative project.

### **We Can Connect by Sharing a Meal...**

Fuel your body with healthy foods to combat stress and help support your immune system and overall health. Creating a home that supports healthy eating habits is just as important as the foods you eat. You can be a role model for others in your household. Your healthy eating habits may encourage those around you to make healthy choices too (Canada's Food Guide).

There is great value in sharing family meals. Involve your kids in planning and preparing family meals and snacks. Mealtime is a great opportunity to bring the family together. Eating together as a family benefits everyone. It can help the whole family share and connect with one another, take time to enjoy and relax over a meal, talk about events that occurred during their day, nurture healthy eating habits, increase self-confidence, share cultural and family traditions, set the foundation for children to learn and improve food skills. (AHS 2020)

<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-quick-and-easy-meals.pdf>

<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-wake-up-to-breakfast.pdf>

### **We Can Connect Through Exercise...**

Move your body every day to improve your family's mental, physical and social wellness. Research shows that physical activity is linked to positive mental health outcomes. Physical activity can improve mood and self-esteem, decrease stress and anxiety, and help mitigate feelings of depression and grief. It is also important for learning, concentration and social connection. Physical activity is equally important for a healthy body and can boost the immune system. During this time of physical distancing, it is important to get the whole family moving! Make movement fun and try some new creative ways to be active together. The goal is for children and youth to get 60 minutes of heart pumping physical activity each day. (Participation 2020)

#### **Mindful Walking**

<http://befitforlife.ca/resources/mindfulwalking>

#### **Jump and Play Yard Games**

<https://lethbridgecollege.ca/externalapps/bffl/jump-and-play-yard-games.pdf>

#### **Backyard Workout**

<https://lethbridgecollege.ca/externalapps/bffl/backyard-workout.pdf>

#### **Break out the Dance Moves!** (Dance like Spider-Man)

<https://www.youtube.com/watch?>

### **Alberta Health Resources Help in Tough Times**

We are blessed in Holy Spirit Schools and have many compassionate adult caregivers who want to support and help you. We have our faith and the strength of our **prayers** to help us through these challenging days. Remember that you are never alone and that you are always in the loving arms of Jesus.

Please feel free to contact your child's school in order to connect with the **Family School Liaison Counsellor** should you wish for mental health supports and guidance.

If your child already has an anxiety disorder, your child may be feeling more anxious than usual. Be especially attentive to your child's words and actions. For instance, notice if your child is having trouble sleeping or is in need of excessive reassurance. Reach out to your health care provider if your child is not coping well with worry.

For **mental health resources** and other supports, please click on the link below.

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



<https://www.flickr.com/photos/eoskins/11543789284/in/photostream/lightbox/>