

April is Child Abuse Prevention Month

Tips for Parents during COVID-19

What can families do to stay healthy and help prevent child abuse and neglect? Below are some strategies from Prevent Child Abuse America to help ALL families better cope during these uncertain times associated with COVID-19.

Connect with Family

Right now is a great time to connect with family members near and far

Call/Skype/FaceTime/Zoom with family members

Look at photo albums and discuss family heritage

Create a family tree

Write letters to/create cards for relatives

Connect with friends and neighbors -- safely

Go outside and greet and talk to neighbors from a safe distance

Practice social distancing

Attend a virtual concert ("cloud clubbing"), church service, or exercise or yoga class

Play an online game together

Connect with Culture

With many schools closed and parents working from home, this is a great time for you and your children to connect with your culture, as well as cultural institutions

Read books about your culture

Cook a meal together that reflects your cultural heritage

Virtually visit more than 1,200 museums around the world via Google Arts & Culture

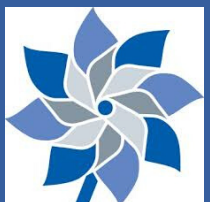
Connect with Yourself

When confronted with the barrage of information, uncertainty, and day-to-day realities of caring for loved ones, it is critical to find ways to connect with yourself

Meditate or do yoga; Exercise

Journal or read

Take a warm, soothing bath



IT'S NORMAL TO FEEL SAD, STRESSED, CONFUSED, SCARED OR ANGRY DURING A CRISIS.



Mental Health Association
in Forsyth County

Talking to people you trust can help, such as friends and family or your fellow community members.

Tips for Parents to Manage Stress & Anxiety

Temper your expectations; be kind to yourself — Remember – none of us were prepared for this. Anxiety, fear, worry, and grief are all NORMAL reactions to abnormal circumstances. Laundry piles, dirty dishes, messy rooms—do what you can. Take things one day at a time.

Establish a daily routine — Children better thrive when they have predictable routines. Have your children participate in the development of a daily schedule.

Reach out for help — Talk with people you trust about your concerns about how you are feeling.

See the world through your children's eyes — Do you remember what it was like to be a child? Do you remember how cool it was when your parents did spontaneous things with you? Go “camping” in the living room. Make a pillow fort. Create a scavenger hunt.

Learning can be fun — With uncertainty about the return to school, many parents are fretting about the potential loss of academics for their children. Fortunately, daily activities carry immense opportunity for learning: Cooking teaches science and math. Yard work teaches about nature and can inspire creative art projects. Reading together enriches vocabulary and listening skills.

The Parenting PATH (336) 748-9028 or www.parentingpath.org

Mental Health Association of Forsyth County (336) 768-3880 or www.triadmentalhealth.org