

HOW TO TRANSITION YOUR CHILD BACK INTO "EVERYDAY LIFE" (TIPS)

Coping Tips For Parents

1. Make time for self care activities throughout each day
2. Schedule family time (i.e dinner together, movie night, game night)
3. Talk to support person/people for your own stress
4. Take a break if you need one or ask for help from a friend/family member even if only to walk around the block a few minutes alone
5. Recognize your own triggers that cause you stress and plan for coping strategies in these moments
6. Limit your news intake (i.e television, social media, news websites)
7. Make sure you are staying hydrated, eating well, and getting enough sleep- do the same for your children
8. Create a routine for children
9. Stay connected socially (If you cannot physically be with others schedule virtual game night, zoom call, etc with friends and family)
10. Use the outlined coping strategies listed below

Helping Your Children Cope

1. Use transition objects (i.e a favorite toy, love, picture) Note: many schools are not allowing additional items to be taken in so you may have to get creative (i.e mom's scrunchie as a bracelet, wearing an article of clothing belonging to caregiver, note in folder/lunchbox, etc
2. If your child is transitioning to daycare do so slowly if possible (i.e one day a week initially, then two, slowly increasing your child's time back to full time)
3. If possible call your child or visit during the day when separated
4. Create routines and a visual schedule so that children know what to expect
5. Create a space that will be dedicated to learning, separate from other home activities
6. Answer questions as truthfully as possible, sometimes "I don't know" is an answer
7. Read books to help educate your child on current fears, to help them relate to others, or about issues going on within their community
8. Limit the amount of news exposure your child receives that you are unable to censor (TV, radio, Facebook, adult/older children conversations)
9. Encourage socialization, even if done through phone calls, FaceTime or other technology. Maintaining connections with friends and family is important
10. Model behaviors and actions that you would like to see your child repeat

Coping Skills For Children

- Read a book or read to them
- Go for a walk
- Exercise
- Yoga/stretching
- Guided meditation
- Listen to music
- Ride bike/scooter
- Hang out with friends (virtually or in person)
- Take a bubble bath
- Make lunch/dinner together
- Have a random dance party
- Sing out loud in the car
- Visualization techniques
- PLAY!!
- Indulge in a treat
- Paint your nails
- Have a family dinner
- Take a nap
- Take deep breaths
- Call your best friend
- Spend time with family
- Get enough sleep
- Maintain a proper diet
- Engage them in a hobby
- Ask for help
- Get counseling if necessary
- Find time to engage in your spiritual/religious beliefs
- Give them permission to feel positive
- Give them permission to feel bad
- Allow them to cry and provide reassurance/comfort
- Journaling

Coping Skills For Caregivers

- Read a book
- Go for a walk
- Exercise
- Yoga/stretching
- Listen to music
- Go for a drive
- Hang out with friends (virtually or in person)
- Take a bubble bath
- Light a candle
- Go to lunch
- Leave your desk
- Have a random dance party
- Sing out loud in the car
- Meditate
- Visualization techniques
- Buy yourself flowers
- Put yourself first
- Listen to a podcast/audio book
- Indulge in a treat
- Get a massage
- Get your nails done
- Give yourself a facial
- Have a romantic dinner
- Have a family dinner
- Take a nap
- Take deep breaths
- Call your best friend
- Spend time with family
- Get enough sleep
- Maintain a proper diet
- Engage in your hobby
- Ask for help
- Get counseling if necessary
- Find time to engage in your spiritual/religious beliefs
- Give yourself permission to feel positive
- Give yourself permission to feel bad, schedule yourself time to grieve
- Let yourself cry
- Journaling