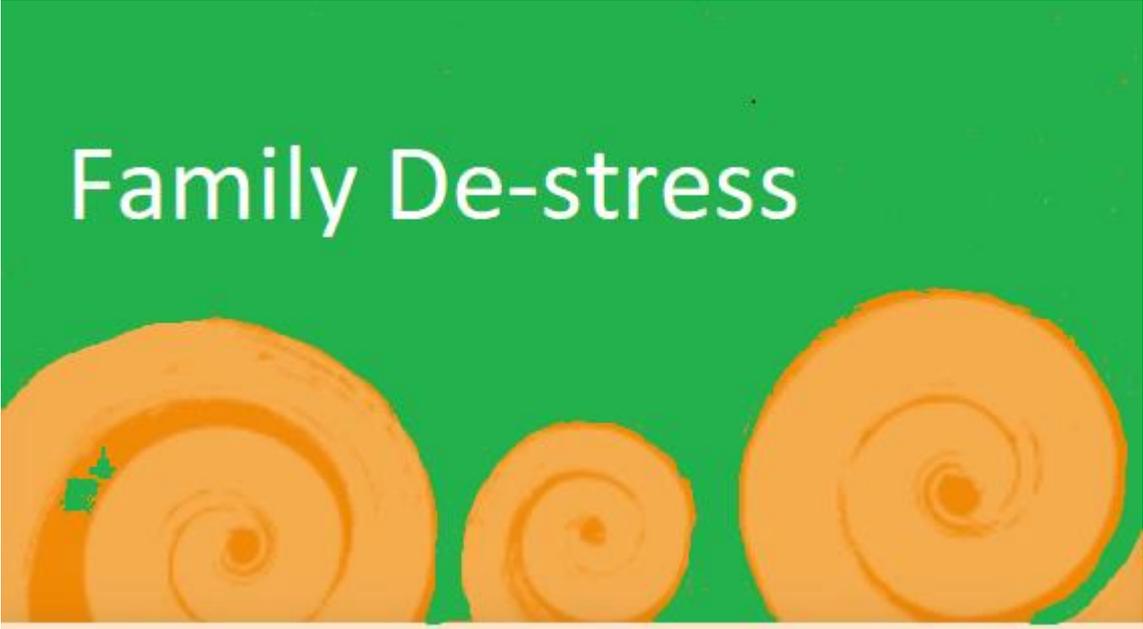


Parents

Help Your Family De-Stress During Coronavirus Uncertainty



Family De-stress

With so much uncertainty over the last couple weeks, lots of families are feeling stressed out. Events are being canceled, spring break plans are being put on hold, hand sanitizer is in short supply. And some families are dealing with school closures, or at least the fear of them. During this difficult time, we hope you'll find time to take care of yourself, and your kids. We've rounded up a few ideas for how to enact self-care for the whole family—with the help of media and tech, and sometimes without it.

Manage family stress. Kids pick up on our anxiety, so it's important to manage your own feelings first. Take deep breaths, go for a walk, or do whatever you need to do to bring your own stress levels down. Here are some other ideas for the whole family:

- **Meditate.** We've got apps for kids and families
<https://www.common sense media.org/lists/meditation-apps-for-kids>

- that can help you visualize a more peaceful setting, align your breath with your yoga poses, or focus on what you're grateful for.
- **Get help.** This collection of mental health apps <https://www.common sense media.org/lists/apps-to-help-with-mental-health>
- might be the answer to a tween or teen who is really struggling but can't get face-to-face care right away.

Stay active. If you're stuck inside, you'll need to get creative to get everyone moving. Set up an obstacle course, play hide-and-seek, and watch some exercise videos on YouTube as a family. Also, try:

- **Dance.** You might need to order a special controller from Amazon to play one of these 25 dance games, <https://www.common sense media.org/lists/dance-games> but nothing beats a dance party to get the blood flowing and put everyone in a good mood.
- **Move around.** Our collection of apps, websites, and video games that inspire running, jumping, or, um, conducting music <https://www.common sense media.org/lists/movement-apps-games-and-websites> might be the perfect thing to keep things active.

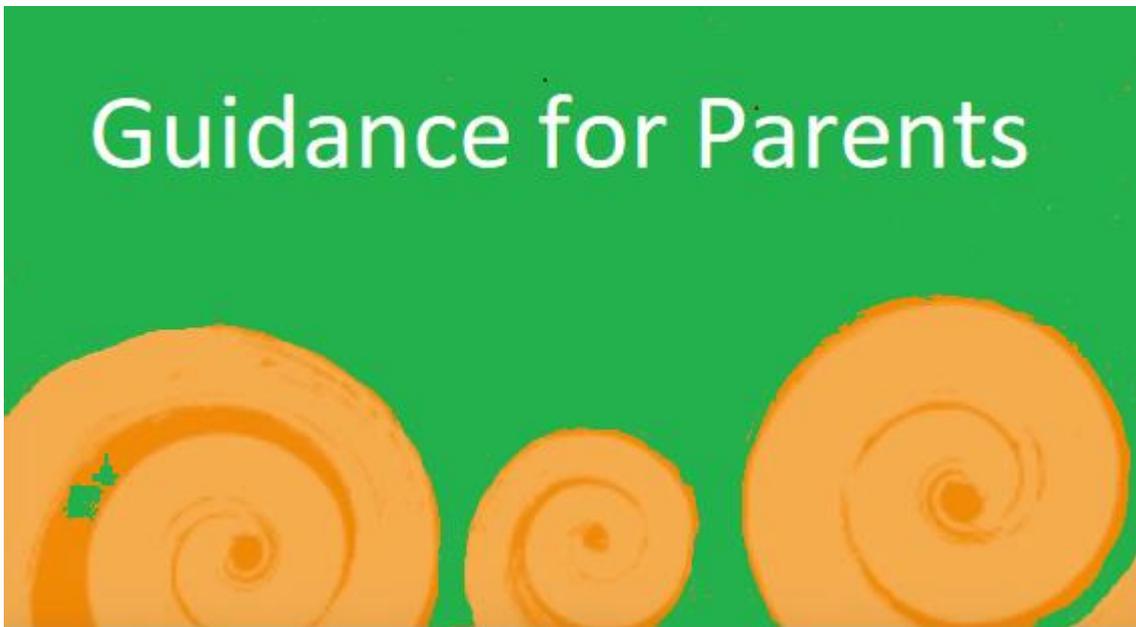
Maintain healthy habits. Aside from the basics of washing hands and covering coughs, consider using this opportunity to dig into overall health. Here are some resources with different approaches to wellness:

- **Feel better.** Check out these health-focused apps <https://www.common sense media.org/lists/best-health-apps-and-games-for-kids> to pass the time while also getting some tips on eating well, exercising, and even managing the stress of an illness.
- **Learn about our amazing bodies.** These wellness websites <https://www.common sense media.org/lists/best-health-and-wellness-sites-for-kids-and-teens> can be great resources for kids and teens who are curious about diseases ... and sex. Plenty of conversation starters!

Double down on distraction. If you're feeling frazzled, the best medicine is a cozy night on the couch with family and giant laughs. Also, turn off the news, silence your notifications, and get your kids to do the same. Here are the funniest picks we recommend:

- **Laugh together.** Whether you prefer classic comedies or fresher fare, these funny movies <https://www.common sense media.org/lists/best-family-movie-laughs> will force everyone to forget their worries for a while.
- **Get goofy.** This list of silly movies <https://www.common sense media.org/lists/goofy-comedy-movies-to-watch-with-tweens-and-teens> might not include the finest filmmaking, but for tweens and teens, they tickle the funny bone in just the right place.

Guidance for Parents and Carers on Supporting children and young people's mental Health and wellbeing during the coronavirus (CCOVID-19)



Guidance

Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) outbreak

Published 29 March 2020

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

CAMHS Art Therapies



<p>NHS Leeds Community Healthcare with trust</p> <p>CAMHS ARTS THERAPIES</p>  <p>FAMILY TOOL BOX</p>	<h3>Family Toolbox</h3> <p>Handy tool box for parents / carers on how to talk to children about coronavirus, includes resources and activities.</p> <p>https://www.mindmate.org.uk/wp-content/uploads/2020/03/CAMHS-fam-toolkit-COVID.pdf</p>
---	--

As a Parent, How can I help?

Here is some advice for young people about a range of issues which you might find helpful to read or look at together. There's a number of important ways that *you* can support them too

	<h3>Talking and Listening</h3> <p>Having a chat about difficult feelings with your child is not always easy. Children can sometimes shut off if the talk feels too formal or scripted. Keeping engaged and communicating with your child is really important when they are struggling. Making time to talk and listen is probably the most important thing you can do.</p>
---	--

Looking After Yourself

	<p>When your child is unhappy or not coping it is hard for you too. Make sure you take some time to look after yourself too</p>
---	---

Parenting Teenagers

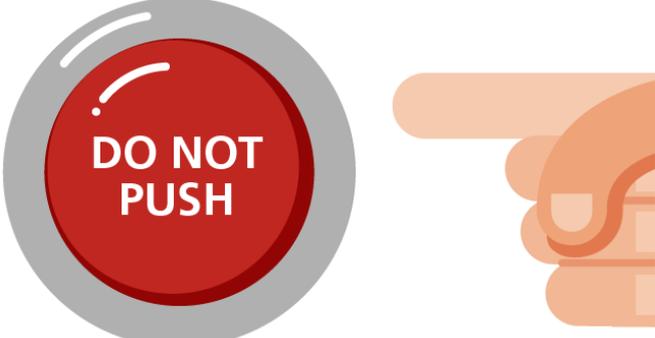
Teenager's behaviour will be changing as their brain grows and develops. This might be alarming or upsetting, and you might feel rejected or quite worried about them

What might help?

Be flexible and creative about how you communicate with your child as they grow older – any conversation is better than no conversation. Continue to let them know you are someone they can trust.

Take comfort from knowing that your teenager's behaviour towards you isn't personal, and that their ability to think rationally, make good judgements and feel empathy is lowered during adolescence.

Most young people don't find teenage years easy! Cast your mind back – did you? Try to remind yourself though, that **their** brains are busy undergoing important changes and that they need to break away from the family to grow into an independent adult.

	<p>Get to know what pushes your buttons and what pushes theirs. Try to avoid these 'push button' situations or practise walking away when things get heated if you can</p>
---	--

Still worried and concerned?

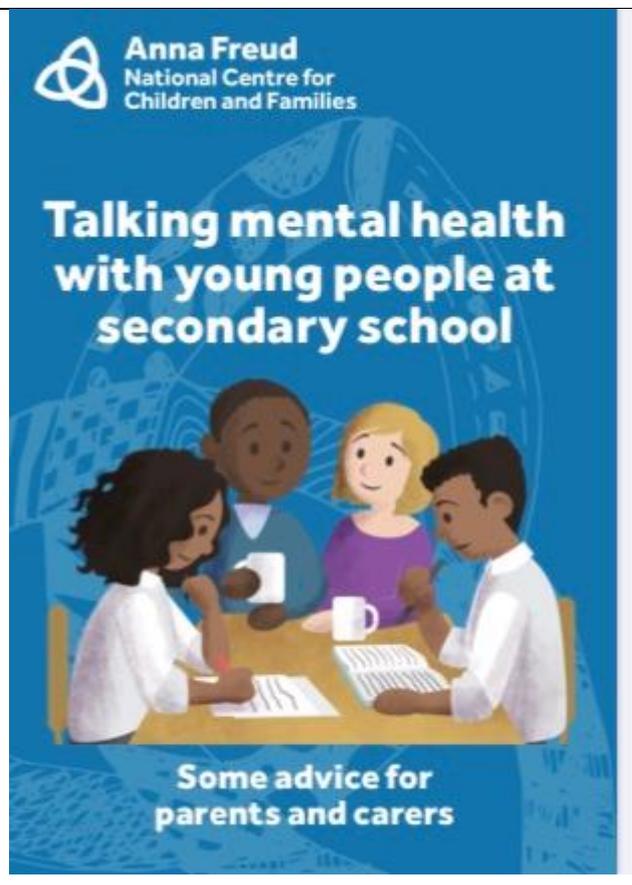
Because our teenagers' behaviour is changing so much and can be unusual it might be hard to know whether to be alarmed or concerned. And it can also be hard to know if and at what point you or your teenager might need extra support with behaviours that you find upsetting or troubling. Certainly, if their behaviour or what they are telling you is concerning over a prolonged period of time it could be time to talk this through with someone on a helpline or to seek some support for them (and you).

Talking mental health with young people

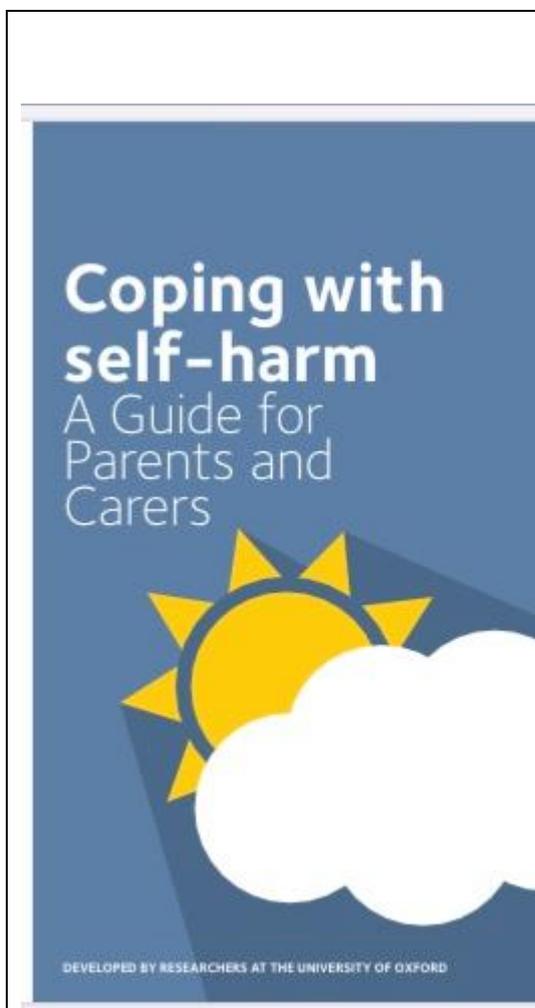


This is a useful guide for parents and carers from Anna Freud Centre about talking to young people at secondary school about mental health

<https://www.annafreud.org/media/6310/secondary-parents-leaflet-final-proofed.pdf>



Self Harm A Guide for Parents and Carers



A guide for parents and Carers from the Charlie Waller Trust

https://74fa8c0e-59f4-4e39-806a-f511b0f9fadb.filesusr.com/ugd/b5791d_7d13f090db464312f76a6f614cfff.pdf

Facing Shadows



FACING SHADOWS

A short animation from Anna Freud Centre describing what it is like to suffer from depression as a teenager

<https://www.youtube.com/watch?v=LdmRPKUhNEY>