For parents and children as we experience these challenging times.

A special thank you to Heather McFadden, LCSW and CCECC Early Childhood Mental Health Consultant for creating this resource.

Hello everyone,
As we deal with this unpredictable time, it is important to practice calming strategies for ourselves and for our families. I am sending along some resources that may help. Please share as you see fit!

**Resources for Adults-We need to calm too!**

1. Breathe...especially focusing on out breath as that calms the brain and triggers the parasympathetic nervous system to calm body.
2. Stay informed, but then turn off news, nonstop exposure to information. This will increase anyone's anxiety. Determine a time to engage with information and limit it.
3. Exercise-whether inside or outside but move. The tension in the body needs an outlet. If you can ride a bike or walk (with social distancing), getting sun while the weather allows is a good idea!
4. Set some structure to your day. It can be easy to get lost in too many tasks or searching for information. This is helpful to your children as well!
4. There are several ideas out there, but I like this acronym from a psychologist: WIN-What's Important Now? We can all go too far into the future to worry about where this may end up. (Me included). Try to focus on today. Now that doesn't mean don't plan at all, and you can get your groceries, etc. BUT once you've done the necessary tasks, look for other ways to calm your body and remind yourself to
5. Reach out to others via phone/text/email.
6. Try some new calming strategies, whether guided meditation, mindfulness or in the moment techniques to bring you back to the here and now. All of these have decades of research that show it helps decrease the impact of stress on the body.

https://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm
https://www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today/

**General resources:**

https://www.health.harvard.edu/blog/coping-with-coronavirus-anxiety-2020031219183

**12 free calming apps:**
Resources for parents:
https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus
https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about
https://www.cdc.gov/childrenindisasters/helping-children-cope.html

Video for kids-with questions from Colorado Children's Hospital:
https://www.youtube.com/watch?time_continue=3&v=vSsKQPqpS7A&feature=emb_logo

At home activity guides:
https://www.zerotothree.org/resources/3264-at-home-activity-guide

For kids and parents-to destress:
https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus

Virtual tours:

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