



April 27 – May 1

Hello Families!

I hope you all had a great April vacation. As the parent of two girls, I completely understand how stressful this entire situation has been on the entire family. Everyone's schedule is a bit off and the whole family is sharing the same space a lot more than normal.

This week I implore you to think about your own mental health as well as the mental health of the whole family. Find activities to de-stress and get back to baseline.

Keep Moving!

Go get some fresh air!

Grab the family and go for a nature walk. It could be around the block or in the woods.

Coping with Stress

- **Take breaks from watching, reading, or listening to news stories,** including social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.**
 - Take deep breaths, stretch, or meditate.
 - Try to eat healthy and well balanced meals.
 - Exercise regularly and get plenty of sleep.
- **Make time to unwind.** Try to do some other activities you enjoy. (read a book or build a puzzle)
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling. Don't keep your feelings bottled up.

Nurse Courtney

Email: claporte@cabiautism.org

Helping Your Child Cope with Stress

- **Talk with your child** or teen about the COVID-19 outbreak.
- **Answer questions** and share facts about COVID-19 in a way that your child or teen can understand.
- **Reassure your child or teen** that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- **Limit your family's exposure to news coverage** of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- **Try to keep up with regular routines.** Create or follow the schedule that your child's school has enacted for learning activities and relaxing or fun activities.
- **Be a role model.** Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

COVID-19 (The Coronavirus)

The CDC recommends staying physically active because it is the best way to keep your mind and body healthy. In many areas, people can visit parks, trails, and open spaces as a way to relieve stress, get some fresh air and vitamin D, stay active, and safely connect with others.

Do

- Visit parks that are close to your home
- Prepare before you visit
- Stay at least 6 feet away from others ("social distancing") and take other steps to prevent COVID-19
- Play it safe around and in swimming pools. Keep space between yourself and others

Don't

- Visit parks if you are sick or were recently exposed to COVID-19
- Visit crowded parks
- Use playgrounds
- Use hot tubs, spas, water playgrounds, or water parks
- Participate in organized activities or sports.



Healthy Food of the Week

Challenge your child to eat/try...

Greek Yogurt!

Benefits of Greek Yogurt:

1. One serving is packed with nutrients.
2. An average serving, depending on the brand, can have 12 to 17.3 grams of protein.
3. Greek yogurt is packed with probiotics. Probiotics are healthy bacteria that can help boost your immune system and decrease stomach issues, such as diarrhea and pain..
4. High in Calcium which is key to building strong muscles and bones.
5. High in Vitamin B12 which helps red blood cells to form, brain functions, and DNA synthesis.
6. Good source of Iodine. Iodine is important for proper thyroid function and the thyroid is vital for healthy metabolism