Embracing Family Connection

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Changes at Home Due to COVID-19

- Parents work schedule may have changed
- Most children are engaged in distance learning
- Less physical activity for all family members

Impact of Stress

- Employment changes may have increased stress
  - Financial stress caused by furloughs or less hours
  - Being deemed as “essential”
  - Feeling of being unable to leave work if remote
- Effects of stress
  - Changes in sleep and eating patterns
  - Inability to focus or adapt
  - Increased fear
  - Different for each person

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Benefits of Fostering Family Connection

- Manage stress for every family member
- Avoid or limit boredom
- Promote team building skills
- Encourage creativity
- Limit screen time
- Make long lasting memories

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Parenting During a Pandemic

- Limit media
- Encourage children to share fears

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Parenting During a Pandemic

- Prioritize a healthy routine for the whole family which includes:
  - Quality sleep
  - Leisure time
  - Social connection time
  - Physical activity
  - Healthy Diet
- Be a role model

Make Mealtime a Family Affair

Create your weekly menu as a family

Prepare meals as a family

Eat together at the table

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Staying Connected While Physically Distanced

- Maintaining connection with other family members and friends is also important
  - Use platforms such as Zoom or FaceTime
- Activity ideas on screen
  - Cook/share a virtual meal together
  - Have your child read a book to a grandparent, aunt or uncle
  - Challenge a friend to a virtual scavenger hunt

Resources for Kids

Discover great resources
for children of any age!

ZERO TO THREE
Early connections last a lifetime

healthi
KIDS

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Take a Moment to Recharge

- Go for a walk/hike in nature
- Guided Meditation
- Yoga
- Puzzles, coloring or crafts

Let’s Move!

Try these fun, fit family activities

Tic-Tac-Toe

How to Play:

- Using tape, create a Tic-Tac-Toe grid on the ground. Place six beanbags (3 of one color, 3 of another) approximately 20 feet from your playing board.
- Two family members will each pick up one of their colored beanbags. Then: Ready, set, GO! Race down to the Tic-Tac-Toe board and place your first bean bag in desired square.
- After placing the first beanbag, each person will run back to the start. Each person must do 10 jumping jacks before picking up the next beanbag.
- Continue until each player places all 3 of their beanbags and there is a winner or a draw.

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Poker HIIT

How to Play:

- Place a deck of playing cards in a container a comfortable distance away from your starting line.
- Each person must walk/jog to the container, draw a card and walk/jog back to the starting line.
- Repeat until each player has five playing cards in their hand. Each player looks at their poker hand to see who wins. The winner gets to decide what exercise everyone will do for each suit (for example: hearts = jumping jacks, spades = squats, diamonds = push-ups clubs =lunges).
- Each person can perform the number of repetitions in their own hand or the winner's hand. Repetitions are equal to face value of card (Ace = 1, 2 = 2, 3 = 3, Kings/Queens/Jacks can be 11 or 11-13 respectively)

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Indoors or outdoors, scavenger hunts are great for all ages!

WOMEN OWNED

Resources

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html

https://newsinhealth.nih.gov/2013/02/shape-your-familys-habits

https://depts.washington.edu/ccfwb/resource/supporting-well-being-during-the-covid-19-crisis/?_ga=2.211028501.1289373299.1588769444-413197493.1588769444