

# Wellbeing Waterloo Region

Working & Being at Home During COVID:  
Tips for Parents of Kids 0 to 12 years old

Abby Becks, Clinical Counsellor, MSW, RSW

Aimee VanKoughnett, Child and Family Therapist, MSW, RSW

# Agenda



- Understanding *Terrible First Times* (TFTs)
- Focus on CONSISTENCY
- Focus on CONNECTION
- Focus on CREATIVITY

# Terrible First Times (TFTs)



- Normalize the Emotion - new is hard! This is new!
- Put it into Perspective - I've never done this before!
- Reality Check! - What are the facts? What do I need?

# So then what?



What can we do to help us through these TFTs?

*Consistency*

*Connection*

*Creativity*

# Consistency – For Kids

- Information about COVID-19
  - Honest
  - Developmentally Appropriate
  - Supportive

*“Coronavirus is a sickness that spreads fast. Some people get a little sick, and others get very sick.”*

*“But moms, dads, teachers, and other adults all around the world are working together to keep all kids healthy and safe”*

*“This is hard, but there will be an end to it”*

- Realistic Routine

# CARIZON

Inspiring Hope + Wellness in Our Community

7:00am	•Wake Up •Go downstairs
7:30am	•Breakfast •TV Show
8:00am-8:30am	•Math Worksheet A •Choose from Math Games
8:30am-9:00am	•Language Video •Heads Up Game
9:00am-10:00am	•Free Time Bucket
10:00am-10:30am	•Snack
10:30am-11:00am	•Scavenger Hunt
11:00am-12:00pm	•Choose from Free Time bucket
12:00pm - 12:30pm	•Lunch •TV Show

# Consistency – For Adults

- Routine
  - Structuring your workday
  - Working from home and adapting our routines
- Intentions for the day
  - One intention for my work
  - One intention for kids
  - One intention for couple/family
- Using your space
  - Designated zones
  - Use of outdoors!

off the mark .com by Mark Parisi



# Connection – For Adults

- Self-care
- BEST check-ins
  - BODY EMOTION SPIRIT THOUGHT
- Be the thermostat, not the thermometer
- Gratitude and Top 5
- Balance in work and family
- Look for the ‘good enough’



# Connection – For Kids

- Physical

- Nurturing touch
- Basic needs



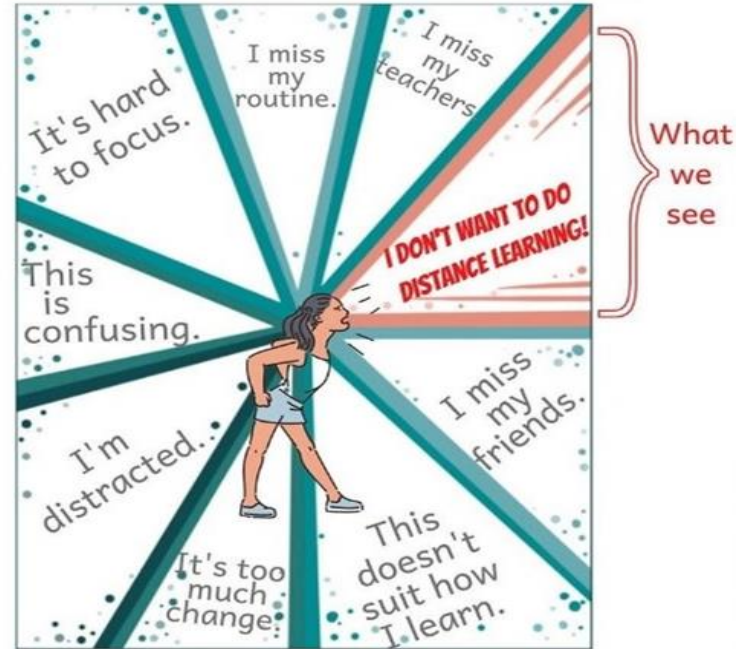
- Emotional

- Seeing the whole story
- 3-step response
- Focus on the “donut” not the “hole”

- Social

- Maintaining connections
- Boundaries on screen time

## WHAT'S THE WHOLE STORY?









# Creativity

- Avoid 'all or nothing' thinking
  - This is temporary
  - Resilience zone: I can't control everything but I can control \_\_\_\_\_.
  - Adapting our routine, self-care
- Using the creative power of your child
- New learning opportunities
- Play and fun
- Resources and the power of community

# Hi there! I'm working!

-  Come on in! I'd love your company.
-  I'm busy, but you can interrupt me if you need something.
-  I'm in a meeting, but these people know you exist and you can say hi real quick.
-  I'm in a meeting, and unless you're bleeding or on fire, I don't want to see or hear you.



# CARIZON

Inspiring Hope + Wellness in Our Community

## Stay at Home Sticker Chart

Put a sticker in each activity box that you complete!  
Can you fill the board?

Color _____	Do Arts & Crafts _____	Play a Tablet or Video Game _____	Watch a Movie _____	Do a Puzzle _____	Create a Treasure Hunt _____	Make a Fort _____
Bake with a Parent _____	Have an Indoor Picnic _____	Teach Your Pet a New Trick _____	Read a Book _____	Write a Letter to Someone _____	Video Call with friends _____	Go for a Walk _____
Do Some Cleaning _____	Play Cards _____	Play a Board Game _____	Play charades or "heads up" _____	Host a Paint Night _____	Practice an Instrument _____	Take a Virtual Fieldtrip _____
Learn Origami _____	Create a Dance Class _____	Make Jewelry _____	Have a Dance Party _____	Learn to Knit or Crochet _____	Learn Another Language _____	Do Yoga _____
Bird Watch _____	Make a Vision Board _____	Take a Bubble Bath _____	Solve/Make a Maze _____	Learn a New Skill _____	Play Hide & Seek _____	Camp Out in the Living Room _____
Set Up a Home Nail Salon _____	Create a Family Tree _____	Make Paper Airplanes & Fly _____	Make a Scrapbook _____	Make a Time Capsule _____	Make S'mores _____	Build a LEGO City _____

# Resources

- Children and Youth Planning Table Events and Activities Calendar  
<https://childrenandyouthplanningtable.ca/calendar/>
- Kitchener Public Library Calendar of Events  
<http://kplca.evanced.info/signup/calendar>
- List of Best Kid-Friendly Livestreams  
<https://www.goodhousekeeping.com/life/parenting/a32022219/livestreams-for-kids/>
- List of 'Fun Things to Do' for Kids  
<https://childrenandyouthplanningtable.ca/portfolio/fun/>

# Any Questions?

Contact Carizon at 519-743-6333

[www.carizon.ca](http://www.carizon.ca)

Head Office: 400 Queen Street South, Kitchener