

**Parent Education**  
**Week of 4/20/2020 – 4/24/2020**

## Article

# Self-Care in the Time of Coronavirus

*For parents, prioritizing your own well-being benefits your whole family*

*By Rae Jacobson*

Website: <https://childmind.org/article/self-care-in-the-time-of-coronavirus/>

When you're a parent, self-care often slips to the bottom of the list. But taking care of yourself isn't a luxury. It's essential. And during this difficult time, when children are home and stress is running high, it's more important than ever. Here are five tips from our clinicians that can help.

### ***Make time for yourself***

Right now, much of the personal time that was part of daily routines — commutes, time alone at home or at the store, social time with friends — is not available for folks with kids at home. Without it, we have to be intentional about creating space to recharge and decompress. This could look like taking a shower or bath, walking around the block alone (or with your dog), or designating time to read or simply zone out after the kids have gone to bed.

### ***Prioritize healthy choices***

The added stress and lack of structure we're all experiencing right now can make it easy to slip into habits that feel good in the moment but can be detrimental in the long term. "Make sure you're eating properly, try to get enough sleep (but not too much!), and create a routine that includes physical activity," recommends Jill Emanuele, PhD, a clinical psychologist at the Child Mind Institute. This doesn't mean pressuring yourself to get into tip-top shape, or not eating ice cream or binging your favorite shows. It does mean being thoughtful and intentional about how you're treating yourself and your body.

### ***Be realistic***

"Perfectionism and the coronavirus don't mix," says David Anderson, PhD, a clinical psychologist at the Child Mind Institute. "It's time to be exceedingly realistic, both at work and as a parent." Avoid burnout by setting realistic expectations and giving yourself grace if you can't meet them. "Practice forgiveness and self-compassion," says Dr. Anderson. Parents should remind themselves that these are unprecedented times. "There's no playbook for this. Remember you're doing your best during a very difficult time. Cut yourself some slack."

### ***Set boundaries***

Anxiety is rampant right now. With so much worry and uncertainty floating around it can be easy to absorb other people's fears and concerns without even realizing it. If you have a friend or family member who's in the habit of sending worst-case-scenario news or is prone to sending anxiety-provoking text messages, practice a little emotional distancing. Let them know you sympathize but that you're taking a break from worrying news, or simply hit the Do Not Disturb button. You can always reconnect when things are calmer.

### ***Reconnect with things you enjoy***

Think proactively of things you can do with this enforced time at home. Get back in touch with hobbies or activities you enjoy but rarely have time for or make the choice to learn a new skill. Maybe there's a knitting project you've always wanted to try, but you've been too busy. Or you've been meaning to learn how to needlepoint. Maybe you love jigsaw puzzles but with rushing between work and home and caring for kids, it's been years since you had the time to do one. If young children make solo activities unrealistic, seek out activities you can enjoy together, like baking bread, or making art.

Finally, remember, being kind to yourself will not only help you stay calm during this difficult time, it will help ensure that you have the bandwidth you need to take good care of your family. When you're running on fumes, caring for others can tax your already depleted resources to breaking point. But when you prioritize your needs, you're filling the tank, emotionally and physically, and that means you'll be in a position to offer comfort and care to others when they need it most.

## **Great Resources**

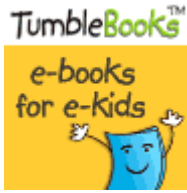
- **Resource 1: Learning and Teaching with Learning Trajectories**



**Description:** Early Math - Birth to Grade 3 fun, easy Math activities for Families to enjoy together and engaging games and content for students to explore.

**Link:** <http://www.learningtrajectories.org/>

- **Resource 2: Tumble Books Library. *eBooks for Kids***



**Description:** TumbleBooks are animated, talking picture books which teach kids the joy of reading in a format they'll love. TumbleBooks are created by taking existing picture books, adding animation, sound, music and narration to produce an electronic picture book which you can read, or have read to you. TBL also includes National Geographic videos and games.

**How to access:** Access this database long-in into you [King County Library System](#) account. You need you Card Number to log-in into 'Tumble Books'. Here is a video explaining how to access Tumble Books <https://youtu.be/WCLUrZktoM4>

Or download the app:



[Click HERE](#) for Apple products



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## Fun Projects at Home

### Grow a Rainbow



**Materials:**

- 1 Absorbents Paper Towel (Bounty or Brawny)
- Water based Crayola color markers
- Ruler
- Scissors
- 2 glass

**Directions:**

1. Fold paper towel in half (Bounty or Brawny)
2. Measure the length to be 7 inches, cut off excess of paper towel (grownup to help)
3. At each end of the paper towel make a rectangle 1" inch and fill with the color makers
4. Place water in each glass about  $\frac{1}{4}$  cup, just enough to soak each end of the tip of the paper towels in the glass
5. Shape the paper towel like an arch of a rainbow
6. Watch the colors absorb and travel up the paper towel on each end and meet in the middle

Link : <https://www.pinterest.com/pin/14496030038591964/>

Hope you enjoy this art project and the excitement of growing your own rainbow.

## Homemade Play Dough

Video: Watch this video to learn how to make the recipe <https://youtu.be/NGNRn3HAYJg>

Link: <https://kidsactivitiesblog.com/206/play-dough/>

**Ingredients:**

- 2 Cups of Flour
- 2 Tbsp of Oil (any oil will do, coconut oil, vegetable oil, even olive oil)
- $\frac{1}{2}$  Cup of Salt
- 2 Tbsp Cream of Tartar
- 1  $\frac{1}{2}$  Cup Boiling Water
- Gel food coloring\*

\*If you don't have this, it's okay to have natural colored play dough.

**HOW TO MAKE PLAYDOUGH:**

1. Pour 2 cups of flour into a bowl.
2. Add 1/2 cup of salt.
3. Mix in 2 tbsp Cream of Tartar. (You can find this in the spice section of just about any grocery store.)
4. Add 2 tbsp of oil. For this recipe I used vegetable oil, but you can use any oil, and as long as it's a kitchen oil, your playdough will be non-toxic and safe if a little one takes a tiny taste. The sodium level is very high, so we don't encourage this to double as a snack.
5. Pour in the boiling water. Be VERY careful because this makes the dough HOT!
6. Mix all the ingredients together until they form the dough. At this point, if you don't want to add any food dye to your playdough, you're finished!
7. After it's cooled, to make several different colors of playdough, separate the dough into equal parts and roll it up into balls.
8. Now, punch out the middle of the ball to leave a little bowl for you to pour your gel food dye into.
9. Drip your gel dye into the bowls. This is a great time to mix dye colors if you want to make another color.
10. Knead the dough until the dye is thoroughly mixed. This is VERY messy! If you don't want to stain your hands, use gloves, and make sure to put something down so you don't stain your counter (like I did).