



Rocket Counselor Newsletter

Helping Your Child with Anxiety

As we are all navigating the changes that Covid-19 has introduced into our lives, we may begin to see our children react to the news, our anxieties or the changes in their routines. Some signs that your child may be experiencing anxiety include (but are not limited to): *changes in eating habits, difficulty sleeping, moodiness, headaches, stomachaches, cries easily, restless, moody, clingy.* It is hard to watch our children struggle with fears or concerns. Here are some suggestions to guide them through. **Know the facts.** Make sure that you are aware of the facts and relay them in age appropriate language for your children. Ease their con-

cerns with what your family is doing to keep them safe. **Develop daily routines.** Kids thrive on structure. Knowing their daily routine helps them to know what is coming next and can reduce anxiety. Keeping a routine similar to school hours will help kids transition when they return to school as well. **Daily self-care.** Make sure your kids are getting enough sleep. Keep a regular bedtime. Eating nutritional meals with healthy snacks will help keep kids healthy and feeling well. Physical activity helps reduce anxiety and provides needed exercise and distraction. Daily self care is important for adults as well. When you are healthy, it

is easier to be present for your children.

Connect with friends and family. Social distancing can be especially difficult for children. Thankfully, technology offers opportunities to see and visit with friends and family. Set up regular times for virtual visiting. **Focus on the positive.** Talk to your kids and listen. Their fears may seem unreasonable, but they are real to them. Talk to them about future plans and the things people are doing to help each other. You can even get them involved in activities to help others. Most importantly, keep talking to them.

-Adapted from: O'Malley, Dawn, How to Ease Children's Anxiety about Covid 19, NAMI Blog, 25 Mar, 2020. <https://www.nami.org/Blogs/NAMI-Blog/March-2020/How-to-Ease-Children-s-Anxiety-About-COVID-19>

Keeping Kids Motivated to Get School Work Completed

Getting kids to complete their packets or online work can be challenging with the distractions of toys, screens, noise, and an abundance of time. Keeping a routine to get work done will make it easier on both parents and kids. Here are some additional ideas from our teachers to keep them going during "school time". **Ms. Murphy**-Create a sticker chart for good behavior

and/or work. Set a goal and let kids earn stickers for a reward. **Ms. Rowe**-Reward time for a valued activity based on work. It can be a min. a question or 5 minutes for each completed assignment. **Ms. Wilson**-Have kids work 20 minutes and then take a break. This can be adjusted to finishing 3 pages and taking a break. Other ideas-When the "teacher" gets frustrated, a new

person may be able to explain or encourage in a different way. Chunk bigger assignments into smaller parts. Separate screen time into school and free time. Rewards can include screen time, games, family time, playtime. Let kids know that mistakes are how we learn. Most importantly, stay positive and encouraging.

Please contact me with ideas for this newsletter, concerns or for information. I'd love to hear from you!
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Activities for Shelter in Place

Kids are used to spending a lot of time with friends. Social Distancing has made play dates difficult. Using facetime, Zoom, and Skype are all ways for kids to visit with each other. Getting kids outdoors biking, hiking, walking pets and playing will keep kids active and help them deal with the social isolation. What is your family doing? Let me know!



This is a nationwide activity to spread positive messages to neighbors and friends. Email Ms. Jensen a picture of your chalk art and I will publish it!