



From the Desk of Patti Fetzer, Director of Prevention  
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## ***Ways to Use this Physical Distancing Time to Strengthen Our Health and Social Connections***

### ***Enjoy Time*** to Practice Common Sense Use of Television, Movies and Digital Media

Limit and monitor your family's exposure to news media

Stay informed with brief and accurate updates: [CDC.gov/coronavirus/2019 Updates](https://www.cdc.gov/coronavirus/2019-updates)

Family Common Sense Media Guide: <https://www.common sense media.org/>

*\*Discontinue use of electronic devices at least 1 hour before bedtime for improved sleep*

*\*Remove electronic devices from the bedrooms of your children/teens at night*

### ***Enjoy the Health Benefits of Outdoor Play and Exercise***

*\*Follow [CDC](https://www.cdc.gov) and [Ohio](https://www.ohio.gov) guidelines for physical distancing, surface exposure, and handwashing\**

StarkParks [parkfinder](#)

Neighborhood parks [Best Playgrounds across Northeast Ohio](#)

Free Bike Rentals [BikeSmart Expands with More Bikes, New Locations, and New Features](#)

### ***Enjoy Time*** to Explore Different Forms of Exercise from the Comfort of Your Own Home

Explore a large variety of free virtual exercise options or simply jam to favorite tunes, sing out loud, and DANCE because no one is watching!!

[YMCA-360: On Demand Videos](#)

[Kid Yoga Videos](#)

[Kids Workout Video](#)

[7 Mind-Blowing-Benefits-of-Exercising](#)

### ***Enjoy Time*** for Family Conversations and Games

Host virtual gatherings with [Free Zoom Videoconferencing Access](#)

[StarkMHAR](#) made the [Conversation Cards](#) created by North Canton Hoover High School JA students to support family conversations around the dinner table or anytime of the day

Enjoy time playing with your children and making fun family memories

*Play and Laughter is still the best medicine*

[Simple Activities for Children to Limit Screen Time](#)

## [Ready Rosie videos modeling family fun activities](#)

### ***Enjoy Time*** for Spring Cleaning and Cleaning Out Your Closets

Give your children opportunities to contribute and serve by helping you spring clean

[ConfidentParents/ConfidentKids: Household Responsibilities By Age Stage.pdf](#) -New Resource

Great time to donate any items that you do not need but can be valuable to others

*Eliminating clutter can improve focus, decrease stress and improve sleep*

[How To Declutter Every Room In Your House To Reduce Anxiety And Stress](#)

### ***Enjoy Time*** to Create and Enjoy Healthier Family Meals and Snacks

Great time to start preparing your gardens and get your kids involved in learning gardening skills

Time to try new, fun, and healthier recipes that your children can help you prepare

[Budget Friendly Healthy Recipes](#)

[Free Digital Cooking Classes for Kids](#)

[Foods For a Better Mood](#) - New Resource

### ***Enjoy Time*** to Foster Your Creativity and Innovation

Significant artistic, musical, and literary masterpieces and amazing innovations transpire in times of solitude.

Use this gift of time and solitude to use your gifts and talents to create and innovate!

[Learn to Draw Favorite Disney Characters](#)

[Creative Cloud Access](#)

[Lunch Doodles with Mo Willems! Kennedy Center](#)

[wosu.org - Drawing With Mr J](#) - New Resource

### ***Enjoy Time*** to Spread More Kindness

Spreading kindness is proven to reduce stress, anxiety, depression, loneliness and more

Challenge your children to come up with ways to spread kindness without spreading germs

Check in with neighbors, share your contact information, offer to grocery shop for them

[Kindness Ideas](#)

[Channel Kindness](#) - Inspiring kindness, one story at a time

[Kids for Peace Ideas-Activities-for-Families-During-the-COVID-19](#)

[10 Days Of Live, Online Choose Love Lessons For Parents And Children](#)

### ***Enjoy Time*** for Reading and Listening to Books

Stark County Library has great on-line access options:

[Download it from the Online Library](#)

[NCantonly.com](#)

[Time for Kids Digital Library Free](#)

[Free Audible Stories for Kids](#)

[Read-Draw-Create-Community](#) - New Resource

[The Oyster and the Butterfly](#) - New Resource

## ***Enjoy Time*** for Virtual Family Field Trips and Tours of Some Amazing Places

[Virtual Tours of National Parks](#)

[Discovery Education Virtual Field Trips](#)

[Virtual museum resources](#)

[Virtual field trips Adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids](#)

[Explore Local Museums, Cleveland Metroparks Zoo and Cincinnati Zoo](#)

[TomTod Ideas Daily Adventure](#)

[Virtual Marine Biology Camp](#)

## ***Enjoy Time*** to Breathe, Be Still, and Learn New Strategies to Decrease Stress

[Box Breathing - StarkMHAR video](#)

[Care for your Coronavirus Anxiety](#)

[Free Online Mindfulness Class for Kids](#)

[Calming Anxiety](#)

[Calm.com Strategies](#)

[Yogaed.com/toolkit-3-tools-to-manage-anxiety](#)

[Yogaed.com 6 Trauma-Sensitive Yoga & Mindfulness Toolkit for Youth](#)

[Healthline's Top Rated Anxiety Apps of 2019](#)

## ***Take Time*** to Help Your Children Talk About their Fears and Stress

[Talking to Kids About the Coronavirus](#)

[Taking Care of Your Family During Coronavirus](#)

[Helping children cope with changes resulting from COVID-19 - \*New Resource\*](#)

[Talking to Your Children About Tragedies and News Events](#)

[Talking to Your Children During Times of Crisis](#)

[Mr Rogers Episodes About Fear and Talking About Your Feelings](#)

[PBS How to Talk to Your Kids About Coronavirus](#)

[Ready Rosie Videos modeling ways to talk to young children about feelings](#)

## ***Take Time*** To Empower Yourself and Your Family with an Emotional Safety Plan - *New Resources*

[Confidentparentsconfidentkids/my-emotional-safety-plan.pdf](#)

[Tools to Support Social Emotional Learning At Home](#)

[StarkMHAR-Mobile-Response-Publication.pdf](#)

[WNET's Parenting Minute Videos](#)

[Nationwidechildrens.org/FAMILY ECHO Sessions](#)

[Univ of Mass - Transitions to Adulthood - High School and College Age Resources](#)

## ***No Better Time*** than the Present to Quit Smoking and Strengthen Your Lungs

Ohio's Tobacco Quit Line 1-800-Quit-Now (1-800-784-8669) [Quit Smoking and Tobacco Use](#)  
Information for parents about vaping: [Catch My Breath Parent Information](#) and [Be Vape Free](#)  
Apps that Might Be Helpful [Healthline's Quit Smoking Apps of 2019](#)  
[Prevention Action Alliance Tips for Raising Children Who Are Alcohol, Tobacco, and Drug-Free](#)

## ***Take Care*** of You and Your Family's Mental Health or Addiction Treatment Needs!

### ***Mental Health & Coping During COVID-19***

Mental Health and Addiction organizations are expanding their telehealth options  
Stay tuned with [StarkMHAR](#) website and social media posts for updated information  
If your family has Aultcare, check out: [Aultcare's Behavioral Health Resources - New Resource](#)  
If your family has Medical Mutual, check out: [Medical Mutual Mental Health Resources - New Resource](#)  
Connect 24/7 to the [Stark County Mobile Response Team](#) at 330-452-6000  
Connect 24/7 to the [Crisis Text Line](#) at 741741 (Text "4hope")  
Share this website and apps with your teens and young adults [Hey I'm Here](#)  
[Kognito Friend2Friend FREE at App Store](#) and [Kognito Friend2Friend FREE Google Play app -New](#)  
Find additional resources at: [OhioMHAS Mental Health Resource Information](#)  
Keep up with your addiction recovery with [On-Line AA Recovery Groups](#)

## ***And Always Look for the Helpers*** - Lots of Resources Available

School Districts are distributing food to students (check your school district for details)  
[Ohio's School Distribution Sites During Coronavirus School Closures](#)  
[Stark County Hunger Task Force](#) sites have increased hours and access  
[Coronavirus.ohio.gov - Employer and Employee Resources-for-economic-support - New Resource](#)  
[Techcred.ohio.gov](#) on-line training that employers need in today's tech-infused economy  
[Ohio Unemployment Benefits](#) offers their application process on-line or by phone  
[Comcast](#) and [Spectrum](#) are providing internet access assistance to support distance learning  
[OhioMeansJobs](#) will keep you updated on the job opportunities  
[Beacon Charitable Pharmacy](#) serving uninsured and underinsured with low to moderate income  
Reach out to [2-1-1](#) for updated resource information.