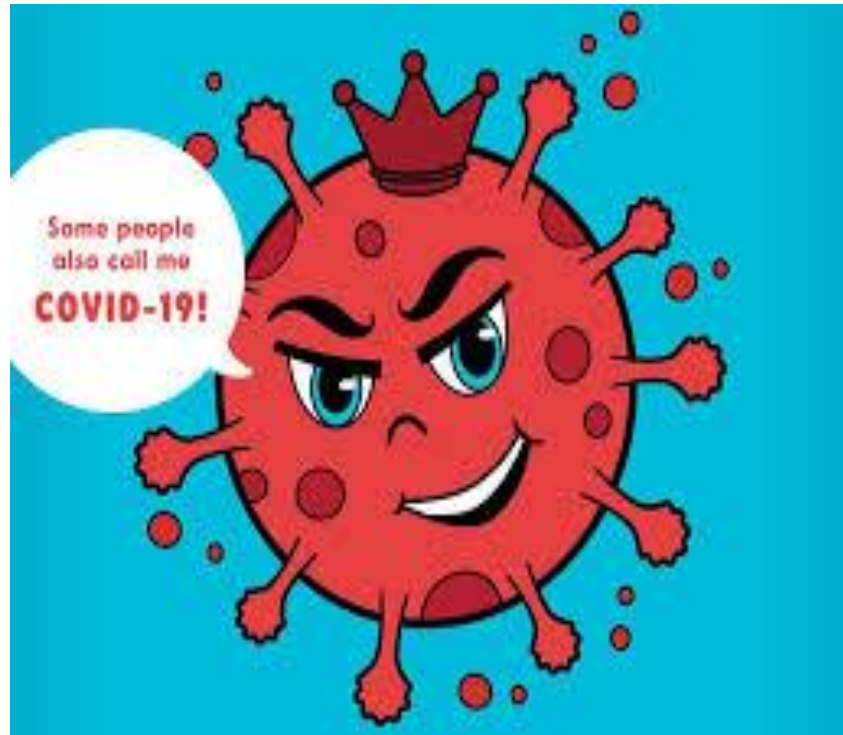


# Sunday School Teacher's Training

Saturday May 16<sup>th</sup>, 2020

# COVID-19 AND CHILDREN'S MENTAL HEALTH



Every child respond to stress differently; common behaviors to watch out for during COVID-19 are:

1. Anxiety: worries, trouble sleeping, headaches, stomach aches, moodiness, irritability, and difficulty separating
2. Returning to behaviors they have outgrown: bedwetting, toilet accidents
3. Anxiety: worries, trouble sleeping, headaches, stomach aches, moodiness, irritability, and difficulty separating
4. Depression: sadness, irritability, change in sleep patterns, isolation, change in appetite, low energy, lack of interest or motivation, hopelessness, & thoughts of suicide.
5. Unhealthy eating or sleeping
6. Anger & Frustration
7. Hyperactivity

# SUICIDE WARNING SIGNS

- Isolation from friends and family
- Problems eating or sleeping
- Mood swings
- Reckless behavior
- Dropping grades
- Increased use of alcohol or drugs
- Talking about feeling hopeless or trapped
- Talking about being a burden to others or not belonging
- Talking about suicide or wanting to die
- Writing or drawing about suicide, or acting it out in play
- National Suicide Prevention: 1-800-273-8255
- National Hope Line: 1-800-784-243
- CRISIS TEXT LINE: Text connect to 741741

# Coping with Coronavirus Crisis: Supporting your kids

## 1. Address and validate child's feelings

- ▶ Answer questions about the pandemic simply and honestly
- ▶ Model how to manage your feelings as a parent
- ▶ Control sphere
- ▶ Faith and prayer

## 2. Keep healthy routines

- ▶ Consistent bedtime schedule
- ▶ Structure the day: wake up routines, afternoon routines, and evening routines

## 3. Increase physical activity & Monitor screen time

# EXAMPLE OF KIDS DAILY SCHEDULE

- ❑ Morning routines & chores
- ❑ School work
- ❑ Exercise
- ❑ Fresh air
- ❑ Hobbies
- ❑ Reading
- ❑ Family time

# EXAMPLE OF DAILY SCHEDULE

<b>COVID-19 Daily Schedule</b>		
<small>@thedenverhousewife</small>		
Before 9am	Wake Up	for kids Wake up, eat breakst, make bed, get ready for the day
9-10am	Free Time	Watch TV, Ipad, Play Games, ect
10-11am	Outside Time	Take a walk, play in the yard or walk dog
11-12am	Creative Time	Art projects, Slime, Coloring, ect
12-12:30pm	Lunch	
12:30-1pm	Chores	Do appropriate chores
1-2pm	Quiet Time	Read, Puzzle, Nap, or color
2-4pm	Academic time	Educational Games, Math, Online education, Science Project, Writing
4-5pm	Outside or Play Time	Go outside to ride bikes or play in the house
5-6pm	Dinner	
6-9pm	Free time until bed	Free choice time, fam Movie Take showers/ready for bed

# COVID-19 Parent resources

- ▶ <https://www.unicef.org/coronavirus/my-hero-you>
- ▶ <https://www.youtube.com/watch?v=mcr-OC5kOUE&t=65s>
- ▶ <https://artandhealing.org/stuck-at-home-resources/>
- ▶ <https://www.unicef.org/end-violence/how-to-stop-cyberbullying>
- ▶ <https://www.facebook.com/unicef/videos/231654641506232/>



THANKS AND MAY GOD RICHLY BLESS YOU FOR  
YOUR DEDICATION TO OUR CHILDREN!!

- ▶ Email or call if you have any questions or need resources for your kids.
- ▶ Phone: 571-243-0409
- ▶ Email: [mintaahm@gmail.com](mailto:mintaahm@gmail.com)

# SUICIDE & CRISIS LINES

- ▶ **ChildSavers Crisis Line: 804-305-2420**
- ▶ **National Suicide Prevention: 1-800-273-8255**
- ▶ **National Hope Line: 1-800-784-2433**
- ▶ **CRISIS TEXT LINE: Text connect to 741741**