



Residential Mom Survival Guide

by

Evette Horton, Ph.D., NCC, LPCS, RPTS

Director of Child Clinical Services at UNC Horizons

Howdie mama's. Who knew this could happen?!?

I bet you are wondering how in the world you are going to survive this quarantine with your children!

I have a few suggestions to help listed below. Remember that we can talk over any issues during your scheduled child therapy times. If you have any urgent concerns not during our scheduled time, please feel free to text me.

1. Here are some books you can read to your child about the changes in childcare and school (for children old enough).

https://www.nctsn.org/sites/default/files/resources/special-resource/trinka_and-sam_fighting_the_big_virus_questions.pdf

<https://img1.wsimg.com/blobby/go/4f9a897b-f7c9-4496-b4fe-e04bbb5ed8b9/downloads/Georgie%20and%20the%20Giant%20Germ%204.17.20.pdf?ver=1587679030329>

<https://consciousdiscipline.s3.amazonaws.com/Free-Resources/Printable-Posters-Tools-Activities/FREE-Printable-Shubert-and-Sophie-Stay-Home.pdf>

2. Make up a new daily schedule/routine with your child and try to stick with it as much as you can. It will be hard this first week or so as we all try and figure out how groups and parenting and life will work. Add things like play time, dinner, reading, clean up, bath, etc.

Here is a free printable schedule for you:

<https://consciousdiscipline.s3.amazonaws.com/Free-Resources/Printable-Posters-Tools-Activities/FREE-Printable-Visual-Daily-Schedule.pdf>

3. Make sure each day has at least one, two is better, physical play time sessions (outside if possible, if not, put on music and dance, yoga – see Cosmic Kids Yoga on youtube)
https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ?fbclid=IwAR2DIOqZqfQ9jH9j6hT-L71pCPIToy4gh9D579x5PQ38b49QhTiv3oZhcX8
4. You can rotate toys. Separate some of your child's toys into boxes. Put some of the toys away in your closet in a box. When your child gets bored with the toys that are out, switch out the boxes.
5. Use screen time for your children during your group times to help you focus on your recovery.
6. Use your DBT skills for parenting 😊
7. See below for lots of helpful resources.

Resources and Information about Taking Care of YOU, Supporting Families' and Young Children's Emotional Well-being and Resilience During COVID-19

(adapted from Zero To Three.org)

Self-care

Young Children at Home during the COVID-19 Outbreak: The Importance of Self-Care: <https://www.zerotothree.org/resources/3262-young-children-at-home-during-the-covid-19-outbreak-the-importance-of-self-care>

Managing Anxiety & Stress: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Supporting Families (both Expecting and with Young Children)

Prenatal and Infancy

March of Dimes Coronavirus Disease (COVID-19): What You Need to Know about its Impact on Moms and Babies: <https://www.marchofdimes.org/complications/coronavirus-disease-covid-19-what-you-need-to-know.aspx>

CDC Pregnancy & Breastfeeding: https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fpregnancy-faq.html

Early Childhood and School Age

Social Emotional Learning Resources During COVID-19: <https://casel.org/covid-resources/>

Center for the Developing Child: Stress, Resilience, and the Role of Science in Responding to the Coronavirus Pandemic: <https://developingchild.harvard.edu/stress-resilience-and-the-role-of-science-responding-to-the-coronavirus-pandemic/>

Resources for Supporting Children's Emotional Well-being during the COVID-19 Pandemic: <https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>

PBS Kids - How to Talk to Your Kids About Coronavirus: <https://www.pbs.org/parents> and Tips for Talking About COVID-19 with Your Kids: <https://www.pbs.org/newshour/health/10-tips-for-talking-about-covid-19-with-your-kids>

Save the Children - 7 Simple Tips on How to Talk to Kids about the Coronavirus:
<https://www.savethechildren.org/us/what-we-do/emergency-response/coronavirus-outbreak/coronavirus-outbreak-how-to-explain-children>

Supporting Families During COVID-19: <https://childmind.org/coping-during-covid-19-resources-for-parents/>

Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (COVID-19): https://www.nctsn.org/sites/default/files/resources/factsheet/outbreak_factsheet_1.pdf

Child Care Aware of America - Stay Up-To-Date on the Latest Coronavirus News & Resources: for Parents: <https://info.childcareaware.org/coronavirus-updates#parents>

UNICEF: How teenagers can protect their mental health during coronavirus (COVID-19): <https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

Zero to Three Tips for Families during the Coronavirus:
<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

National Association for the Education of Young Children COVID-19 Resources :
<https://www.naeyc.org/resources/topics/covid-19>

Helplines

National Disaster Distress Helpline: 1-800-985-5990 or text 'TalkWithUs' to 66746

National Suicide Prevention Lifeline: 1-800-273-8255, Press 1 for Vets/Military

Crisis Text Line: text 'help' to 741-741

National Domestic Violence Hotline: 1-800-799-7233.