

Child and Adolescent Behavioral Health

C&A Cares Newsletter

May 8, 2020



Welcome to C&A's first edition of C&A Cares.

C&A is proud to launch C&A Cares, a weekly newsletter to provide tips, advice and activities for children, youth and young adults. C&A will approach all types of timely topics that range from birth to youth transitioning into adulthood. Please visit our website, www.childandadolescent.org to sign up to receive each week's edition in your email.

Wearing a facemask

Masks are new and different for people of all ages. Some people - find masks as a new and exciting accessory while others find masks to be scary. Social and emotional skills are learned through seeing faces and listening. When we take away the ability to see a person's face, it is more difficult for our brains to receive signals that reassure us. Children and adolescents learn through modeling and watching their parents. They need information and are looking to you to understand how they're supposed to respond. When we are able to reassure them and explain things in a calm and fun way, the information and ideas are better received. One way to describe the idea of wearing masks is that masks are the new superhero cape. As we think of some well-known superheroes - Batman, Spiderman, Power Rangers, Flash and Iron Man - they all wear some form of a mask or facial covering. This is the time for each of us to be our own superhero. By inviting both children and adolescents to be engaged in the mask making process, it is a great opportunity to spend quality time together discussing their thoughts, feelings, questions and interests. Empower one another to choose different designs.

Do you want to make a mask at home? Below are some links parents can use to make a mask with their child at home with household items:

<https://www.parents.com/health/>

how-to-make-coronavirus-protective-face-masks-with-your-kids

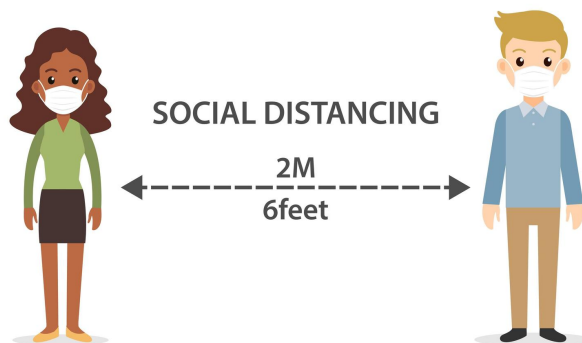
<https://www.verywellfamily.com/>

how-to-make-masks-for-your-

family-4802120

<https://autismlittlelearners.com/2020/04/>

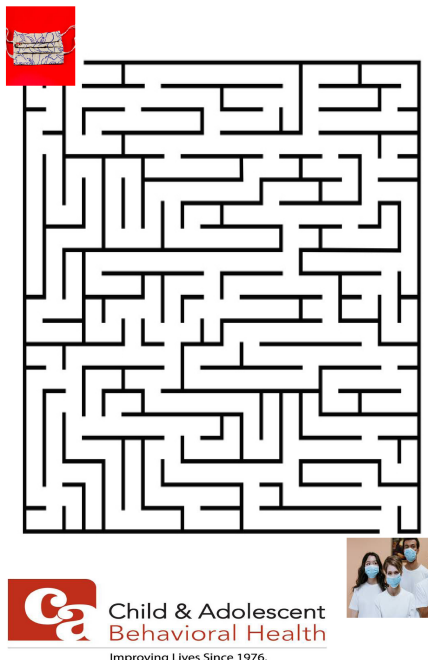
wearing-mask-coloring-book-for-children



How to teach Social Distancing

Social distancing can also be explained as a superpower. Below are some concrete ways to explain this:

- Pool noodle - you need to have an imaginary pool noodle between you and others while in public.
- Airplane - the child's arm length apart
- Chicken - elbow space (chicken dance stance)
- Penguin - hand space apart (arms straight down with hand sticking out like a penguin).



Caregivers Corner

Regardless of their age, all children, adolescents and even most adults learn through watching others, particularly someone they love and trust. It is, therefore, our role as caregivers to set a good example. In our Positive Parenting Program (Triple P), this topic is explained as a parenting strategy for teaching new behaviors and skills. Right now is a perfect opportunity as we all transition into a new normal of wearing face coverings and masks. Setting a good example and talking with children are two powerful parenting strategies that pair nicely as we introduce and explain social distancing and facial coverings as previously mentioned.

During these times of high stress, with parents returning to work and without the aid of school, family and regular activities, it is important that as caregivers that we assist our children with developing some form of structure and routine. Routines and structure are ways for everyone to know what is expected on a given day in order to increase feelings of security and safety. Routine, structure and rules can be established using daily schedules or family morning meetings.

***Stark County Schools
Mental Health Week
Partners***



Quote:

"Behind every young child who believes in himself is a parent who believed first."

- Mathew L. Jacobson

Stark County

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Our mailing address is:

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