



Resources from the Virginia PTA Fall Back to Basics Guidelines Resource Guide (August 2020)

SOCIAL AND EMOTIONAL SUPPORT

We are all working hard to help meet the needs of our families and our communities during these challenging times. We must also be diligent in taking care of our own physical, social, and emotional well-being so we can better take care of our loved ones. Here are some tips on how you and your family can be safe and find support.

How to reduce anxiety and stress:

- Keep up with regular routines. While schools are dismissed, create a schedule for learning, relaxing or fun activities.
- Sleep is necessary for good brain health and survival in general.
- Physical exercise -The vitamin D we get from the sun supports physical health and well-being. Look for outdoor activities you can do as families.
- Seek appropriate ways for children to connect with others based on suggested safety guidelines.
- Talk to your children, share age-appropriate information.
- Eat healthy, well-balanced meals.
- Answer questions and share facts about COVID-19 in a way that your children can understand.
- Be mindful of exposure to continuous news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- As parents, be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Please refer to the following link for additional information on Mental Health and Coping during COVID-19 – Centers for Disease Control and Prevention (CDC).

Share the podcast from National PTA titled, Tackling COVID-19 Anxiety Together, where they speak with psychologist, author and professor Dr. Earl Turner about



how to stay happy, healthy and learning during this difficult time. He shares tips for setting routines, managing your mental health and coping with uncertainty...

[Listen Now](#)

RESOURCES FOR SOCIAL AND EMOTIONAL SUPPORT

We encourage you to talk to your children about the facts around COVID-19. Here are some links that will help:

- [5 Ways to View Coverage of the Coronavirus](#), The American Psychological Association
- [Supporting Children's Emotional Well-being During the COVID-19 Pandemic](#), Child Trends
- [How to Talk to Your Child about the Coronavirus](#), Kids Health
- [Multilingual Coronavirus Resources](#), Colorín Colorado
- [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#), National Association of School Psychologists
- [Promoting Positive Mental Health for Teens Feeling Isolated](#), Erika's Lighthouse
- [Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 \(COVID-19\)](#), National Child Traumatic
- [Supporting our LGBTQ students during the pandemic.](#)
- [Building Resilience & Confronting Risk in the Covid-19 Era](#), Southern Poverty Law Center

Thriving During Isolation Workbook from Coaching Culture

This [workbook](#) is a step-by-step guide to building your own personal strategies to help you and your family to thrive during isolation.