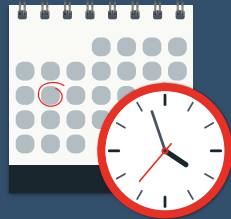


COVID-19: SOCIAL DISTANCING NOT EMOTIONAL DISTANCING

Practice social distancing to avoid transmission of Covid-19. Avoid large groups of people (10+ people). **Emotional connections** are those activities that create a bond between you and someone who cares about you.

ROUTINE IS IMPORTANT

- Plan, make a schedule for your day
- Routine sleep
- Routine exercise
- Routine meals
- Routine self-care



EMOTIONAL CONNECTIVITY

- Skype or FaceTime to see friends and loved ones
- Phone calls with friends and family
- Stay connected on social media (with limits)
- Enjoy family time: games, books and educational websites



FOCUS ON WHAT YOU CAN CONTROL

- Your time/your child's time
- Handwashing
- Covering your mouth when you cough and sneeze
- Sanitize light fixtures and door handles, make it fun and have the kids help
- Avoid touching your face



OUTDOOR ACTIVITIES

- Go for a walk
- Play backyard games
- Scavenger hunt
- Family hike
- Go for a bike ride



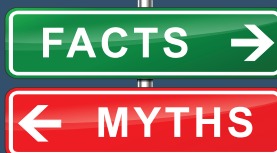
ENGAGE coping skills

- Positive self-talk
- Distraction (puzzles, movies, music)
- Grounding (yoga, exercise)



FOCUS ON THE FACTS

- Use reputable sources for your information
- Talk with your children about what they may be hearing and explain the facts (age 5+ can understand simple concepts)
- Limit your exposure to excessive news and social media




Shodair
CHILDREN'S HOSPITAL
shodair.org


**Kalispell Regional
Behavioral Health**
KALISPELL REGIONAL HEALTHCARE
krh.org