

PARENT TALK

Tips of the week from The Baker Center

Getting through the week without school and our usual routines is just as tough for parents as it is for kids! We're here for you with helpful advice from our expert clinicians...and you, our parents!

Tip of the Week from our Clinician

“ Get outdoors!
Spending time in the fresh air and engaging in physical movement is vital to maintaining mental health and wellbeing, especially for kids! With respect to social distancing, watch the forecast and plan ahead. Get outside on the sunny days!”



Chelsey Robinson, LICSW
Staff Clinical Social Worker

This is a challenging time for everyone. Please know that you don't need to do it alone. If you or your child is struggling, we encourage you to schedule an appointment or join a parent support group in our Center for Effective Therapy.

FUN IN THE SUN WHILE SOCIAL DISTANCING

OUTDOOR ACTIVITIES FOR THE FAMILY

IDEAS FOR OUTDOOR MOVEMENT BREAKS

 Create, Decorate, & Fly Paper Airplanes	 Climb a Tree	 Find, Paint, & Adopt a Pet Rock	 Go Cloud Watching	 Create an Obstacle Course with Objects from Your Garage	 Enjoy a Family Picnic
 Walk Your Pet	 Make Homemade Bubbles Recipe: Mix 2 cups warm water, 1/3 cup dish soap, & 1/4 cup corn syrup	 Get Artsy with Chalk on your Driveway	 Go on a Treasure Hunt Write clues on slips of paper, hide them throughout your yard, and lead the children to find a "treasure"	 Follow the Leader Line up & copy everything the leader does	 Stargaze & Learn about Constellations
 Bike Ride or Scooter	 Jump Rope	 Play "I Spy"	 Hopscotch or Tic-Tac-Toe	 Play a Game of Ball	 Outdoor Yoga

Dr. Sarah Tannenbaum, Stephani Syme, & Leah Guterman

GET OUTDOORS, ENCOURAGE CREATIVITY, STAY HAPPY, BE HEALTHY

Parent Tip of the Week

Josie and Jack are parents to Scarlett, a 9-year-old with a lot of energy! The parents have found that holding nightly family meetings are integral to maintaining a sense of normalcy, and avoiding future meltdowns.

Every evening, the family gets together to discuss what went well and what was challenging about their day. They plan out their next day hour by hour, using dry erase markers and hanging their white board schedule in a place where it can be seen by all. This reduces everyone's stress by allowing Jack and Josie to get their work done during the day and letting Scarlett always know which parent is available for her. The parents include Scarlett as an active member in planning the family's schedule, which makes her feel appreciated, prepared, and holds her accountable for her day ahead. The schedule also allows for Jack and Josie to have clear communication with one another. A win-win! Thanks for sharing, Jack and Josie!

The best tips are the ones that work! We'd love to hear from you about what is working for your child and family. Please email your ideas to info@bakercenter.org

Today's date is 5 / 13 /2020

	Scarlett	Josie	Jack
7:00			
8:00			
9:00	MATH		MEETING
10:00	SNACK	ZOOM	
11:00	CLASS		ZOOM
12:00	LUNCH	WORK	
1:00	FREE		
2:00	MUSIC	↓	FREE
3:00	OUTSIDE		OUTSIDE
4:00	SCREEN TIME	COOK	
5:00		YOGA	
6:00			
7:00	DINNER	DINNER	DINNER
8:00	BED TIME		
9:00			

Notes to our family

HAVE A
GOOD DAY!

[Click Here](#) for a printable family schedule for your home!

Resource Highlight

Please visit our [COVID-19 Resource Page for Families](#) for a list of articles, helpful tips and activities, and suggestions on how to talk to your child about COVID. Here's a resource tip for this week!

Tip of the week

Managing screen time: Between online classrooms and staying entertained in the house, it only makes sense that children are spending more time on screens during COVID-19. However, you may find that your child is spending too much time online. It is important to find a balance between screen time and other activities. Try keeping track of your child's screen time, with scheduled breaks for crafts, physical games, and time outside. And parents, don't forget to monitor your own screen habits as well! For more information, [check out this resource from the American Academy of Child & Adolescent Psychiatry](#).

