



# GET PSYCHED!

Psychological Services Dept. | Volume 2 | June 17, 2020

## Strategies to Build Resilience

Wow! You have made it to the middle of June! You and your child have probably learned many skills in creating a calm environment, so to help you along, here is a tip sheet with some golden star strategies that can always be useful in your child's toolbox.

- A) **COMMITTED RELATIONSHIPS** with a supportive caregiver or adult is found to be the most important factor in resilience building.
- B) Be **OPTIMISTIC** and **POSITIVE**: Find three things your child is grateful for at the end of the day.
- C) **ACHIEVEMENT**: Positively rewarding children's everyday achievements builds their self-esteem.
- D) **EXERCISE!** Physical activity releases stress and increases a child's sense of engagement.

Sources: <https://developingchild.harvard.edu/science/key-concepts/resilience/>  
<https://www.apa.org/helpcenter/resilience>



## Should parents have their children do school work over the summer months?

Should we let our kids enjoy some free time over the summer or should we structure their time with math and literacy worksheets? What about the "summer brain drain?" Do children actually lose skills over the summer, if they don't continue to practice critical math and literacy skills? While repetition of key skills is important, the past several months have been extremely stressful for parents and children alike. Children have been thrust into home-instruction and parents have assumed the role of teacher. They have had to learn the inner workings of google classroom and, all the while, figure out how to share electronic devices so everyone could get their work done. Perhaps we should take a break from "formal" learning, and look at other ways to "educate" our children.

### Here are some suggestions:

- ◆ Bake/cook with your kids, which involves measuring and calculation skills
- ◆ Have kids journal about fun things they are doing over the summer
- ◆ Have kids choose one book that interests them, and set aside some family time for everyone to read for 20 minutes/day
- ◆ Listen to music everyday
- ◆ Spend time outdoors, and journal about plants/animals they see
- ◆ Build a bird house together

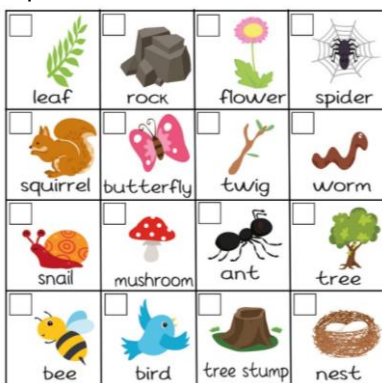
**York Catholic District School Board's team of Mental Health professionals are providing virtual mental health supports to students during the summer in order to meet students' individual needs. Reach out to your principal if you have would like to access this service.**



# FUN in the SUN

Summer is here and let's cheer. Here are some ways to shift from school mode to summer fun mode:

- ☀ **Go for a Nature Walk:** Being in nature contributes to physical wellbeing and helps produce joy, connection, mindfulness, spirituality, and exploration.
- ☀ **Water play** provides opportunities to develop fine and gross motor skills and eye-hand coordination. Try water balloon shape matching, running through a sprinkler, and make paper boats and race them in a kiddie pool.
- ☀ **Go on a backyard scavenger hunt.**
- ☀ **Outdoor play** is an excellent way for children to use their imagination and partake in physical activity.
- ☀ **Obstacle Course:** Use home objects to create an outside course.
- ☀ **Outdoor Art Projects:**  
Foster and develop your child's imagination and creative skills. Paint your favorite nature scene, make a rainbow from flowers and leafs, draw with chalk, or paint rocks.



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## Self Care Ideas

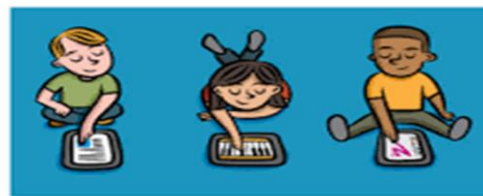
### ...For Busy People

[alisonsnotebook.com/self-care-for-extremely-busy-people-5-tips/](https://alisonsnotebook.com/self-care-for-extremely-busy-people-5-tips/)

	Get up from your desk		Block time for productivity
Call a friend		Stretch for 10 minutes	Turn your phone off
Journal for 5 minutes	Light a candle		Organize your desk
Eat mindfully	Moisturize your skin	Listen to meditative music	

## ASK THE EXPERT:

### How do I limit screen time?



With kids being home in quarantine, it has likely been hard to limit screen time. We all need breaks for relaxing and time to do things away from our kids, but screen time may be a lost chance for learning in real time, interacting, playing outdoors, and enjoying time with family. With too much screen time, there is a chance that children could be at risk for poor sleeping, loss of energy, becoming overweight, and reduced ability to focus. Studies generally suggest that screen time should be limited to under two hours per day (although we know that not everyone can follow these guidelines).

**So, what can we do?** If you are interested in limiting screen time over the summer, here are some suggestions:

1. Try to maintain a screen-free bedtime to improve sleep. Read a book instead.
2. Trade sedentary screen-based activities for active activities. Being active, improves one's sleep and mood.
3. Make sure daily routines and family time comes first.
4. Develop "family rules" for everyone: i.e., "no screens" at meal times.
5. Hand over screens to parents at night time to be charged.
6. Take one day a week to have a screen-free day.
7. Encourage your child to watch programs that are educational.
8. Be mindful of your own screen time and model good screen behavior.

Sources: <https://www.participaction.com/en-ca/blog/5-simple-tips-to-help-reduce-kids-screen-time>

<https://www.caringforkids.cps.ca/handouts/screen-time-and-digital-media>

## Resources:



[https://twitter.com/YCDSB\\_MH](https://twitter.com/YCDSB_MH)

1-855-310-COPE (2673)

Call / text a crisis worker

[Link to the YCDSB Community Resource List](#)