

CONTINUOUS QUALITY IMPROVEMENT DIVISION July 2020

TO PARENTS AND CAREGIVERS:

During this global pandemic, being a sensitive, responsive caregiver can be especially challenging when adults are also feeling overwhelmed. To provide positive parenting, taking care of yourself is as important as hand washing and social distancing. As Doreen Chapman from Casey Foundation stated, "You can't give away what you don't have. You can't provide support, nurturing and compassion until you learn to take care of yourself." Below are some ideas for self-care.



SELF-CARE STRATEGIES

Physical self-care (e.g., diet and exercise)

- Stretch and move your body. Dance. Take a walk or run outside.
- Well balanced diet and snack on whole foods like nuts, fruits and dark chocolate.

Psychological self-care (e.g., reflection and curiosity)

- Take short breaks. Lie down and rest. Read. Reflect. Ponder. Listen to music. Sing.
- Get support for stress, anxiety and depression.

Emotional self-care (e.g., friends and recreation)

- Ask for help from a trusted friend/family member and take a break.
- Stay connected with family, friends and religious groups. Share your hobbies with others.
- Prioritize time/energy for activities that are most important/meaningful.
- Seek opportunities to help in the community.

Spiritual self-care (e.g., prayer and meditation)

- Try Breathing exercises. Meditate. Pray. Read a sacred text.
- Be still and listen. Be present and aware.

*Adapted from childtrends.org, aecf.org, and moorewellness.life



TIPS FOR HELPING CHILDREN WHO HAVE EXPERIENCED TRAUMA

- Identify trauma triggers.

Watch for what distracts your children, makes them anxious or results in tantrums and outbursts.

- Be emotionally/physically available.

Provide encouragement, attention, and comfort in ways that your children will accept.

- Respond, don't react.

When your children are upset, stay calm; lower your voice, acknowledge their feelings.

- Set limits and praise good behavior.

Set reasonable and consistent expectations, and praise them for positive behaviors.

- Allow self-expression.

Allow children to find acceptable ways to express their feelings, praising them when they do so.

- Listen.

Allow children to talk when they are ready to have difficult and uncomfortable conversations.

- Help your children learn to relax.

Encourage smaller children to practice slow breathing and listen to calming music.

- Be consistent and predictable.

Develop regular routine for meals, play, and bedtime; prepare them in advance for changes.

- Be patient.

Everyone heals differently from trauma; trauma does not develop overnight.

- Allow some control.

Allow reasonable, age-appropriate choices, encourage a sense of having control of their own life.

- Encourage self-esteem.

Positive experiences help children recover from trauma and increase resilience.

Adapted from Child Welfare Information Gateway. Available at <https://www.childwelfare.gov/pubs/factsheets/child-trauma>

TIPS FOR POSITIVE PARENTING

1 COVID-19 PARENTING One-on-One Time	Every day, at the same time schedule individual time with each child: Listen to them, look at them, give them your full attention. Have fun!
2 COVID-19 PARENTING Keeping It Positive	Praise your child when they are behaving well: It will reassure them that you notice and care. Teens especially need to communicate with friends. Help them connect through social media and safe distancing ways.
3 COVID-19 PARENTING Structure Up	Create a flexible but consistent daily routine: Schedule structured activities as well as free time. Include exercise: This helps with stress and kids with lots of energy at home. At the end of each day, ask your child about one positive or fun thing they did.
4 COVID-19 PARENTING Bad Behavior	One-on-One time, praise for good behaviors, and consistent routines help. Pause: Take a 10-second pause when you feel like screaming. A few deep breaths or connecting with the feeling can make a difference. Redirect: Catch unwanted behaviors by redirecting their attention to something interesting or fun when they are getting restless.
5 COVID-19 PARENTING Keep Calm and Manage Stress	Take care of yourself, so you can support your children. Take a pause and do 1-minute relaxation activity whenever you are feeling stressed/worried.
6 COVID-19 PARENTING Talking about COVID-19	Be willing to talk. It is fine to say “We don’t know, but we are working on it.” Honesty and openness protect our children. Think about how much they will understand; you know them best.

*Parenting tips adapted from WHO and UNICEF

FRAUD PREVENTION



Protect yourself from fraud. Government agencies will not call you to ask for personal information like social security, bank account or credit card numbers, to ask you for money and will not ask you to pay by Western Union, Money Gram or put money on a gift card.

To be informed about the latest scams, sign up for consumer alerts with the government’s Federal Trade Commission at <https://www.ftc.gov/stay-connected>. Fraud victims can file a complaint with [ftc.gov/complaint](https://www.ftc.gov/complaint). Report cyber-crimes at: [fbi.gov/contact-us/field](https://www.fbi.gov/contact-us/field) 855-292-3937 or cywatch@fbi.gov or [fraudsupport.org](https://www.fraudsupport.org).

*Partially adapted from LA County Information Security & FTC.

PROTECT YOURSELF



Wear A Mask
Wash Your Hands
Disinfect
Stay 6 Feet Away
Protect Yourself

*Adapted from CDC

RESOURCE LINKS

- ❖ LA County DCFS Coronavirus Updates: <https://dcfs.lacounty.gov/coronavirus-covid-19-updates/>
- ❖ Center for Disease Control and Prevention <https://www.cdc.gov/>
- ❖ Los Angeles County Department of Public Health <http://publichealth.lacounty.gov/media/Coronavirus/>
- ❖ One Degree www.1degree.org/covid-19
- ❖ Los Angeles County Community Resources Line 211 or 1-800-339-6993, <https://www.211la.org/211la.org/>
- ❖ Los Angeles County Department of Mental Health 24/7 hotline: 1-800-854-7771.
- ❖ Child Care for Essential workers: 1- 888-922-4453, <https://www.ccala.net/connect-to-child-care/>
- ❖ Subsidized childcare for low-income families apply at <https://pathwaysla.org/> or by phone at (213) 427-2710.
- ❖ Support for parents who have a newborn in the intensive care unit <https://mightylittlegiants.org/covid-19-resources> or to request free baby supplies email Info@MightyLittleGiants.org