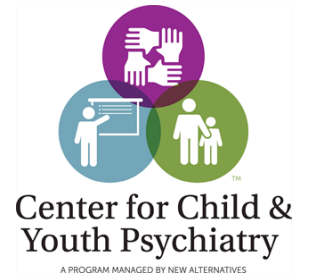


CCYP HAPPENINGS

FEBRUARY 2021



WELCOME!

Welcome to our first newsletter! We are excited to share this with you.

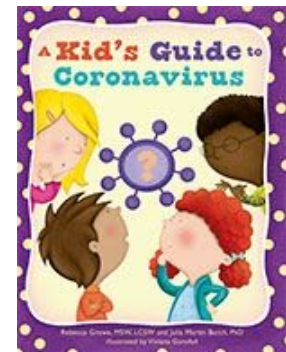
CCYP Program Director, Judy Witcher, will be hosting a **Zoom class** next **Friday, March 5th at 2pm** on the topic of kids and COVID-19. We'd like for you to join us!

Please RSVP to ccyp.events@newalternatives.org and we will send you a zoom link with the passcode. If you aren't able to make it then go to our website where you will find a detailed powerpoint presentation on how to help kids cope with COVID-19.

Free Ebooks on how to help kids cope with COVID-19

This is a free book that you can download! This book helps to answer questions for kids about COVID! Click on the link below to download the free book along with other free books you and your child may enjoy reading together.

[Books to Help Kids Cope with COVID-19](#)

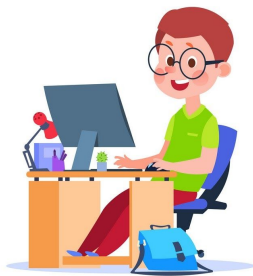


From the doctor's mind to yours: coping with COVID

During times of major crisis, especially this life-threatening public health crisis, it's difficult to know what to think and what to do. The COVID-19 pandemic has been terrifying not only because of physical threat and worldwide disruption, but also because of news misinformation as well as contradictory and confusing public orders. Let's take a look at what we know right now and the positive steps we can take.

STAY SAFE, STAY HEALTHY: HELPFUL STEPS FOR PARENTS TO TAKE AT THIS TIME IN THEIR OWN HOMES.

- Protecting your own health will protect the health of your children, so continue to wear effective masks and socially distance outside of the home when around others, wash your hands with warm water and soap for at least 20 seconds on a regular basis, and clean doorknobs and other high-contact surfaces (especially if used by non-family members).
- Do your best to maintain good nutrition in your family meal planning and also to schedule family meal times to ensure opportunities for communication, sharing, and maintaining family cohesion and mutual support.
 - Even though the social distancing and other recommendations have helped to reduce infection rates during this influenza season, remember to get your annual influenza vaccination and to maintain your children's usual recommended vaccinations for communicable diseases as well as continue routine check-up doctor visits for all family members.
 - Seriously consider getting the COVID-19 vaccination when it is made available to you and other family members.
 - Physical activity is important for all and especially for your children when learning from home, so include scheduled play and movement into your children's regular assignments, especially ball sports for the older preschoolers and the grade school children.



- While monitoring the overall academic performance of your children and teens, also keep an eye on daily on-line class attendance, competing distractions and misuse of the computer, and completion of assignments.
- Seek mental health consultation and/or treatment for individual and /or family problems leading to significant distress and dysfunction.

EMPOWER YOURSELVES: TALKING POINTS FOR PARENTS ADVOCATING FOR THEIR KIDS AND THEIR EDUCATION.

- There are almost 50 million American households in the US with kids under 18 years of age.
- The American Academy of Pediatrics has published research stating that schools can reopen safely if they develop and adhere to specific SARS-CoV-2 prevention policies such as utilizing “face coverings, distancing and hand-washing”.
- The American Academy of Pediatrics has also stated that “schools are crucial to children’s Educational, social, physical and emotional development” and they “also are a source of special services and nutrition and can help reduce disparities for students who are Black, Hispanic/Latino, American Indian/Alaska natives and those who live in poverty”.
- If your child is struggling in school, remember that special educational services are available through a 504 Plan or an Individualized Education Plan (IEP) in your school district. Under the IDEA (the nation’s special education law), you have the right to ask the school to evaluate your child. You should speak with your school administration and also demand an evaluation in writing.

On-line helpful resources:

- https://www.aacap.org/AACAP/Families_and_Youth/Resource_Libraries/covid-19/resources_helping_kids_parents_cope.aspx
- <https://childmind.org/coping-during-covid-19-resources-for-parents/>
- <https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Partnering-in-a-Pandemic.aspx>

Need to find a free COVID-19 testing site in San Diego?

Health plans are **required** to cover COVID-19 tests at no cost to the enrollee. It is recommended that you first contact your healthcare provider for a COVID-19 test.

If you are unable to get a test from your healthcare provider, the County of San Diego (County) has coordinated free diagnostic COVID-19 testing at many locations. Click the link below for information if you should get tested and the nearest location site.

[COVID-19 Testing in San Diego County](#)

What you can safely do after receiving your COVID-19 vaccine - Your questions answered

So you have received your second dose of a covid-19 vaccine. Does that mean you're free to go about life as you did before the pandemic once immunity kicks in?

Sorry, there is no immunity passport yet, experts told CNN. There are still safety precautions you need to follow in order to keep you, your loved ones and everyone else safe and protected from the deadly coronavirus.



Click [here](#) for answers from the experts on top questions such as when can you stop wearing a mask, eat inside a restaurant, travel, go to sporting events and concerts, and freely visit friends and family.

Scheduling tips and activities for your teenagers

While socially distancing, tweens and teens are searching for normalcy. Kids in this age

group miss their friends and are struggling to make themselves feel better.

Support your teen by creating a schedule with options so they can gain back some of

the control that they've lost due to current circumstances.



Creative outlets such as **painting, journaling and photography/videography** are good ways for your teen to express themselves using colors, words and taking a picture or recording a video of themselves to document their experience during this pandemic. They could later share with you

what they've created or keep it to themselves. The goal is for them to have a way to express themselves without using words.

Follow [this link](#) on more activities and scheduling tips for your young child or teenager.



Finding positivity in your relationships

Radhanath Swami explains the analogy between the honey bee and the fly. It looks to the patterns of these two species to discover a mind set and path to improve our lives by choosing to focus on the positive and beautiful things in life rather than the negative. Click on the link below to see a video of this analogy.



[The Mindset Behind Successful Relationships | Radhanath Swami](#)

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