

# CONNECTIONS

A weekly newsletter brought to you by

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## Bouncing Back

“While we certainly don’t want our children to experience a pandemic crisis, it is important to view this time as an opportunity for growth.”

As we know, children are experiencing numerous losses at this time—missing school, friends, after school activities, celebrating milestones, etc. There is great uncertainty when or if some of these activities will resume.

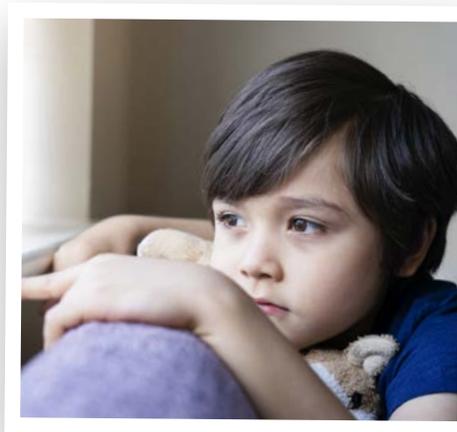
Dr. Neha Navasaria, a professor at Washington University School of Medicine, tells us that learning to cope with uncertainty is one of the best skills children can develop to contribute to their emotional well-being. This requires resiliency, the ability to “bounce back” from difficulties.

When speaking to a group of students and parents, Dr. Navasaria explained resiliency by asking what would happen if she dropped a china teacup, and what would happen if she dropped a rubber ball. While the teacup would break, the rubber ball would “bounce back.” That’s resiliency.

In a recent column by Caroline Bologna, the writer references a number of child specialists regarding how parents can encourage and nurture resiliency in their children. The following are a number of the points made in the article (cited below):

- Genevieve von Lob, a psychologist, speaks to the importance of supporting children by truly listening to their feelings—encouraging them to express their feelings rather than “run from them.” The more children are supported as they “move through their feelings...the more emotionally resilient, confident and adaptable they will grow up to be.”
- A child development expert, Denise Daniels, stated, “Being able to recognize, understand and manage one’s emotions is key to resilience...Nearly every moment of a child’s life provides opportunities to teach important emotional skills such as caring, listening, empathy, problem-solving, self-regulation and resilience.”
- Kelly Oriard, a family therapist, tells us that the feelings that are pushed down “will come out in one way or another so

we might as well face them head-on.” Oriard encourages parents to help children identify and express their feelings, validating them.



- To help children feel some sense of control during these times, Navasaria says that encouraging children to do their part by washing their hands, keeping social distancing and wearing masks can help lessen their feelings of helplessness. Problem solving also contributes to a feeling of having greater control and enhances resiliency. As you observe your children using healthy coping skills when faced with difficult situations, communicate how the choices they made helped them, reinforcing these skills.

• Noel McDermott, a psychotherapist, discusses the importance of parents modeling resilience when facing their own difficulties, and demonstrating coping strategies that help them. Victor Carrion, a child psychologist, states that modeling healthy self-care is also essential for children to observe in their parents/adults.

• Craig Knippenberg, a therapist, advises parents to remember that this is an on-going process. Carrion tells us “...positive growth...comes after a period of psychological struggle and adversity.” Over time, parents may observe their children becoming more adept at coping with the changes.

• “Children can ultimately thrive while navigating this change if they know they have the love and support of their families and communities.”

We hope you enjoy today’s issue of Kids Path Connections and find the information and activities helpful in continuing to build on your family’s strengths and resiliency.

[Resilience Is the Most Powerful Skill Kids Can Develop Right Now](#)

*Patti Gasparello*

Patti Gasparello, MSW, LCSW  
Director of Kids Path



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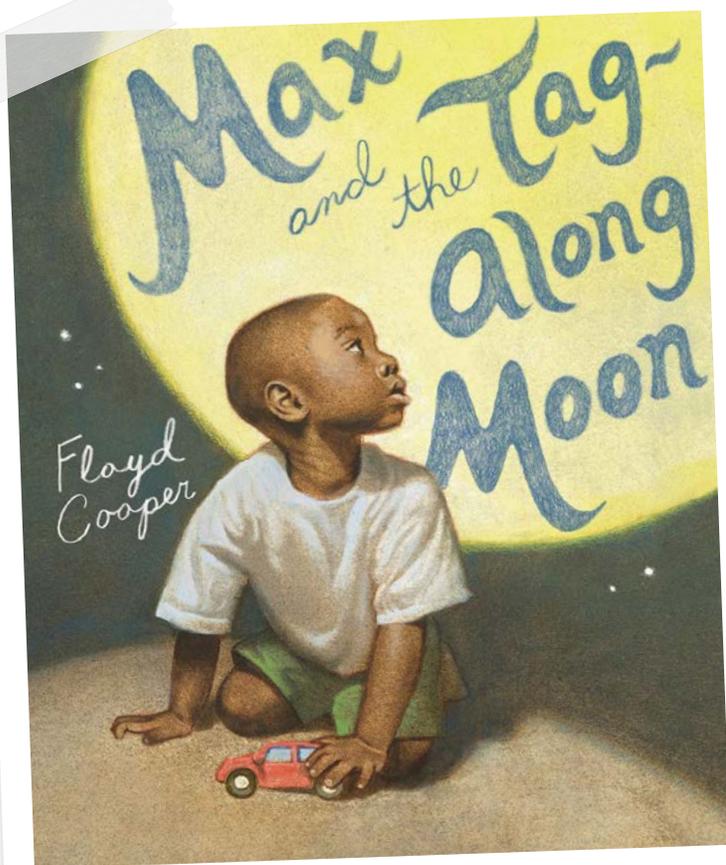
## Children

ISSUE 6 | 5/15/2020

### LEARNING RESOURCE

This week we're sharing a PBS article on creating a new routine during Covid. Personally, I know I had goals and plans for what our weeks would look like at the start of the Shelter at Home orders. But 9 weeks in and things look very different. Although this article was written in March, I find re-evaluating what is working and what isn't working to be a helpful practice! This is so new to everyone. So consider some of these ideas when evaluating your schedule. And as stated in the article, remember to practice patience with yourself.

[Click here to read the article](#)



### MEDIA SPOTLIGHT

#### Max and the Tag-Along Moon by Floyd Cooper

In this book, Max's grandfather assures him that the moon will always be with him, even when the two of them cannot be together. Max watches the moon follow him through the changing night until it disappears into the dark sky. Max misses the moon's light but feels reassured when it shines into his room later that night. This book provides lots of opportunity to talk about the challenges of separation and change as well as the things that stay constant, like love and connection. You may be inspired to create a moon craft to serve as a reminder of your connection to those you love, even amidst lots of changes. [Here is one moon craft idea.](#)

[Watch Dolly Parton read the book here.](#)

## FAMILY ACTIVITY

### Red Light, Green Light, Yellow Light, Purple Light

This game invites your child to make quick changes in a fun and non-threatening way. As children practice shifting their physical energy, they begin to feel more in control of these changes and increase their sense of mastery. When children lead the game and give commands to their caregiver, they have an opportunity to gain control in a playful manner and enhance their sense of emotional connection.

To play, stand on the opposite side of the playing space as your child. Your child's goal is to reach you while correctly following your commands. Use the following four commands:

- Green Light means "Go," and your child should move as quickly as possible.
- Red Light means "Stop," and your child must freeze.
- Yellow Light means "Slow," and your child should walk in slow motion.
- Purple Light means "Do a silly dance," and your child must dance their way toward you.

Once your child reaches you, switch places and allow your child to issue the commands. Try to be as silly and playful as possible when playing this game while allowing your child lots of opportunities to be successful. This will enhance your child's sense of connection and mastery.



  
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# CONNECTIONS

Tweens & Teens

ISSUE 6 | 5/15/2020

## LEARNING RESOURCE

### Coping with Stress and Change

Whenever you go through a big change, it can feel stressful and unknown. You may have questions about how long will this change impact me, or how will I deal with this change over the next days, weeks, or months?

[This article can give you some ideas of how to handle stress related to change.](#)

If you experience uncomfortable feelings like sadness, anger, fear, or nervousness, it's important to observe those feelings related to the change- and remember that all of your feelings are important, and it is okay to feel however you feel about the change.

Even though some situations are out of our control, there are ways you can create change within yourself and this article may give you some helpful ideas. Having a routine each day, special hobbies, or personal goals can help you keep a positive attitude while you cope with difficult life changes.

It's also important to know that you're not alone, and that change can be difficult. Here's what some teens are saying about the changes related to COVID-19, and what has helped them...



*"Make a checklist of all the things I want to get done in a day. I know you've [Mom] been telling me to do this my whole life, and now I'm doing it, and it helps. I like knowing that I'm getting things done during the day, and having a physical checklist is a useful representation of being productive."*

*"I talk to friends as much as possible."*

*"I started to workout at home, I realized I liked it, so now I'm doing them five days a week."*

*"Even when I don't feel like getting something done, like piano practice, I feel really good once I start doing it."*

*"Baking is something I love to do, and I've made a lot of new recipes in the last few weeks (carrot cake and cinnamon rolls were my favorites). But what's made me really happy is to send some of the things I baked to friends to cheer them up." [Source of quotes](#)*

## MEDIA SPOTLIGHT

### Making a Positive Change in Your Life

[CHECK OUT THE DIGITAL PLANNER TOOL HERE](#)

If you are inspired to reach a goal over the summer or want to make a change to help you cope, this tool can be a fun way to make a "personal change plan." This planner can help you figure out all the steps to reach your goal, and what will support you if there's anything that gets in your way. This planner is private, and after you have finished your plan, you can save it or print it to hang up in a meaningful place to stay motivated and encouraged.



## FAMILY ACTIVITY

### Before & After Change Collage

This is a creative activity that can help you express yourself during whatever change you are facing, or already experiencing. It may help you to feel calm and understand these changes in a different way.

For this activity, you and family members can gather whatever materials you can find around the house that are okay for you to cut up – old maps, newspapers, yarn, ribbon, letters, greeting cards, magazines, wrapping paper, or something clean from your recycle bin. There are many mixed media items that can be altered or changed for your collage. Once you have collected your materials, you may want to organize them on a table and let your ideas guide you. One option is to make one side of the paper a “before the change” collage and the other side an “after the change” collage. Your collage can be about changes related to COVID-19, changes related to a loved one getting sick, or changes related to a loved one who died. You can also cut out words, pictures, or colors to represent your thoughts and feelings. Let any colors or words stand out on the collage that represents you



Once you have placed your items on paper, you can use glue, tape, or mod podge to adhere to the paper. After everyone has created their own change collage, this may be a time to share your artwork if you choose to. Creating artwork to show how you experience change can be a way to communicate, even if you don't yet have the words to describe the change. Let your own creativity be a way to express yourself and remember that your experience matters!



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*Cap-C Families &  
Children with Special Medical Needs*

ISSUE 6 | 5/15/2020

## WELCOME TO CONNECTIONS!

Welcome, to our Cap-C families as well as families of children with special health care needs. We hope to include different resources or websites that offer support for families with medically fragile children. This week we're highlighting a website that provides a lot of helpful resources for managing Covid when you have a medically fragile child. This site was created at the start of the outbreak and some resources may no longer be pertinent. But I hope that each of you can find something that will help guide you to think of new ways to manage these uncertain times.

### Upcoming Opportunity

**DRIVE THRU & SAY "HEY!"**

## HorseFriends Pony Parade

**Saturday, May 16 @ Still Water Farm**  
7169 Strawberry Rd., Summerfield, NC  
10:00 - 11:00 AM for our participant families  
11:00 AM - 12:00 PM open to the public

Horses, ponies, minis, and farm animals will be lined up to greet you as you drive thru!

**Canned food collection for Backpack Ministry**  
**Cash donations benefit HorseFriends - therapeutic riding program**

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## Parents & Caregivers

ISSUE 6 | 5/15/2020

### LEARNING RESOURCE

#### Resilience and Routines for Families During the Pandemic

[This article](#) at Psychology Today offers advice for parents and caregivers about how to weather coronavirus-related changes together in healthy ways.



### MEDIA SPOTLIGHT

#### Dr. Rick Hansen

As Dr. Mark Bertin highlighted in the “Resilience and Routines” article linked above, “Regular exercise affects mood, energy level, learning, and more.” If you’re looking for inspiration on how to bring more movement into your daily resiliency routine, you’re in the right place.

Join Rujeko Dumbutshena, Zimbabwean-born dancer, teacher, and performer as she leads you (and your family) through an energizing dance lesson lasting about five minutes. This is sure to get your endorphins flowing and bring a smile to your face! No prior dance experience needed.

Rujeko teaches at the university level and has performed on Broadway and around the globe. Her teaching style is straightforward, accessible and fun!

[Click here for your free African Dance lesson.](#)

  
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## FAMILY ACTIVITY

### Discussing Family Traditions

During this stressful time of COVID-19 when our usual activities are restricted for safety reasons, many families are learning to adapt to the many changes that the novel coronavirus has caused. Some families are finding ways to enjoy and appreciate being together in a small space, while other families are coming up with methods of connecting when they can't be together physically. If your family has recently experienced changes because of the death or illness or a loved one, you may have additional challenges in adjusting to a "new normal."

Whether your loved ones are physically together or staying in separate homes, discussing family traditions can be a fun way to acknowledge the routines and rituals that are important for your family and to create new ones together. We usually think of traditions around holidays or certain times of year, but any time is a good time to celebrate each other in a special way!

Invite your family to gather together, either physically or virtually, for a discussion about your family's traditions. You can encourage each person to share a favorite tradition from the past, whether it was related to a holiday, birthday, or simply a special memory such as "I always loved getting up early on Saturdays to go fishing with Grandpa." You might also talk about new routines or rituals that have formed during the past few weeks, such as getting on FaceTime to talk with extended family each week.

Now, get creative together and come up with a brand-new tradition for this historic time. What would be a fun, silly, or exciting way to celebrate each other on a daily or weekly basis? Here are a few ideas to get you started:

- For older kids and teens, start a family book club or movie night.
- Have a daily dance party after when school/work time is over.
- Enjoy a Fancy Pants tea (or hot chocolate, juice, etc.) using your fanciest dishware and dressing up in your fanciest accessories, from princess crowns to bow ties.
- Sign up for an ongoing virtual class as a family, whether you choose a movement activity (such as yoga, Zumba, and tai chi) or decide to learn something together, from cooking skills to a new language.
- Designate a day of the week that will have a different theme each time (such as Talk Like a Pirate or Beach Party).
- Sometime over the course of the day, everyone takes a Secret Silly Selfie (younger children may need assistance with this). At bedtime, show off your silly selfies!

If you have kids or teens within a wide age range, you may want to designate a day of the week when each young person gets to choose a silly tradition for the whole family to try.



  
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## Kids Path Connections Resources

### How to Explain COVID-19 to Children

- **Talking to Children about COVID-19 (novel coronavirus)**  
<https://www.brighthorizons.com/family-resources/talking-to-children-about-covid19>
- **Talking to Kids about the Coronavirus**  
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- **How to Talk To Your Kids about COVID-19**  
<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/kids-covid-19/art-20482508>
- **Helping Children Cope With Changes Resulting From COVID-19**  
[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

### Resources for Food and Other Assistance

- **Phone Call regarding resources/food:** Dial 211
- **United Way:** resources including regarding food, housing  
Burlington, Greensboro, Orange Co.
- **Texting tool for students who are on free/reduced lunch for info:** Text FOODNC to 877-877

### Emotional Health Resources

- **The Kellin Foundation – A Variety of Resources**  
Builds resilient children, families, and adults through behavioral health services, victim advocacy, and community outreach.  
<http://www.kellinfoundation.org/covid-19-resources.html>
- **Now's a Good Time to Teach Your Kids to Play on Their Own**  
<https://www.nytimes.com/2020/04/03/parenting/kids-independent-play-coronavirus-quarantine.html>
- **If Your Kid Keeps Asking 'Why,' Give Them an Answer**  
<https://www.nytimes.com/2020/03/27/parenting/kids-asking-questions-development.html>



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Formerly Hospice & Palliative Care Center of Alamance-Caswell & Hospice and Palliative Care of Greensboro

- **4 Ways to Help Your Anxious Kid**  
<https://www.nytimes.com/2020/04/01/parenting/coronavirus-help-anxious-kid.html>
- **You and your Kids Can't Stand Each Other – Now What? – The New York Times**  
<https://www.nytimes.com/2020/04/09/well/family/coronavirus-quarantine-conflict-family-meeting.html>
- **The Heartbreaking Reality of Parenting in the Coronavirus Pandemic**  
[https://www.huffpost.com/entry/parenting-social-distancing-coronavirus\\_n\\_5e6fb52ac5b6eab7793a0c4d](https://www.huffpost.com/entry/parenting-social-distancing-coronavirus_n_5e6fb52ac5b6eab7793a0c4d)
- **Guide to Living with Worry and Anxiety Amidst Global Uncertainty**  
[https://www.psychologytools.com/assets/covid-19/guide\\_to\\_living\\_with\\_worry\\_and\\_anxiety\\_amidst\\_global\\_uncertainty\\_en-us.pdf](https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-us.pdf)
- **Teaching Our Kids (and Ourselves) Mindfulness to Get Us Through the Coronavirus Anxiety – The Washington Post**  
<https://www.washingtonpost.com/lifestyle/2020/03/20/teaching-our-kids-ourselves-mindfulness-get-us-through-cononavirus-anxiety/>

## Educational Resources

- **Teachers Share Their Favorite Free Learning Websites and Apps for Kids**  
[https://www.huffpost.com/entry/free-online-learning-activities-for-kids\\_l\\_5e73848dc5b63c3b648bc968](https://www.huffpost.com/entry/free-online-learning-activities-for-kids_l_5e73848dc5b63c3b648bc968)
- **Veteran Home-Schoolers Share Tips for Parents during Coronavirus Closures**  
<https://www.washingtonpost.com/lifestyle/2020/03/18/veteran-homeschoolers-share-tips-parents-during-coronavirus-school-closures/>
- **Khan Academy**  
A nonprofit with the mission to provide a free, world-class education for anyone, anywhere.  
<https://www.khanacademy.org>
- **Scholastic Learn from Home**  
Day-by-day projects to keep kids reading, thinking and growing  
<https://classroommagazines.scholastic.com/support/learnathome.html>
- **TED-Ed**  
Free daily lessons, activities and challenges to support student, parents and teachers  
<https://ed.ted.com/>
- **Duolingo**  
The world's best way to learn a language  
<https://www.duolingo.com/>

## Fun Activities

- **18 At-Home Ideas to Keep Kids Busy and Entertained During the Coronavirus Outbreak**  
<https://apple.news/A5MpYtgBZTfajPmUofqJ9Dg>
- **Video Games to Play with Your Kids That Won't Drive You Crazy**  
<https://www.nytimes.com/2020/04/03/arts/video-games-kids-parents-covid-virus-coronavirus.html>

## Activities to Remember Your Loved One

- **The Dougy Center**  
The national center for grieving children and families  
<https://www.dougy.org>

## Behavioral Health

Mental Health, Bereavement Care, Substance Abuse, Suicide Intervention, Intellectual and Developmental Disabilities

- **The Kellin Foundation – A Variety of Resources**  
Builds resilient children, families, and adults through behavioral health services, victim advocacy, and community outreach  
<http://www.kellinfoundation.org/covid-19-resources.html>
- **Alamance County Crisis Care: RHA Walk-In Crisis Center** (behavioral health and/or substance abuse)
  - Walk-in between 8 am and 3 pm M-W-F
  - “Crisis Hour” between 8am and 8pm Monday - Friday
  - Payment based on a sliding scale to those living in Alamance Co., no charge if unemployed
  - 2732 Anne Elizabeth Dr.
  - Burlington NC 27215
  - **336-229-5905**
  - 336-229-5906 - FAX #
- **Cardinal Innovations**
  - Includes 24 hr/7 day a week crisis and mobile crisis team
  - Only serves the following counties – Alamance, Caswell, Person, Orange and Chatham
  - **1-800-939-5911**
- **Open Door Clinic**
  - For those not eligible for Medicaid or stat funding
  - **336-570-9800**
- **AuthoraCare Collective and Kids Path**
  - Adult/Child Bereavement/Grief Counseling
  - **336-532-0100**
- **Children’s Developmental Services Agency (CDSA)**
  - Children under 3 years
  - 336-334-5601

- **Residential Treatment Services of Alamance**
  - Detoxification & Crisis Stabilization
  - Offers recovery programs that are invaluable to those struggling to overcome alcoholism, addiction and/or mental illness.
  - **336-227-7417**
- **Crisis Intervention Team**
  - If **911** is called, Alamance Co. does have law enforcement members trained to handle calls related to mental health or substance abuse.
  - Prefer that the above is used instead of CIT
- **National Suicide Prevention Lifeline (Also Veterans Crisis Line)**
  - **1-800-273-8255**
  - Call will begin with a recording, follow prompts
- **Suicide Prevention Lifeline Web chat**
  - <https://suicidepreventionlifeline.org/chat>
  - Texting option: text HOME to **741741** (Not a part of the National Suicide Prevention Lifeline, but you are connected to qualified professionals who can help)
- **Mobile Crisis Team** (by phone or home visit)
  - Provided by Psychotherapeutic Services
  - 24-7, 365 days a year
  - **336-538-6990**
  - 336-538-6991 - FAX #
- **Mobile Crisis Services—other Counties**
  - **Caswell Co.**
    - Provided by Psychotherapeutic Services
    - 24-7, 365 days a year
    - **336-538-6990**
    - 336-538-6991 - FAX #
  - **Orange and Person Co.**
    - Freedom House
    - Offers residential recovery services for adults who are alcohol or drug addicted and those who are dually diagnosed with a mental illness
    - **1-877-967-8844**
  - **Durham Co.**
    - Alliance Behavioral Healthcare
    - Serves people in Durham, Wake, Cumberland and Johnston counties
    - Offers treatment and support for mental illness, substance use disorders, and intellectual/developmental disabilities
    - **1-800-510-9132**
    - Call will begin with a recording, follow prompts