KEEPING UP WITH OPEN DOORS

STAYING CONNECTED VOL. 3

WE ARE HERE FOR YOU

Open Doors for Lanark Children and Youth is continuing to provide service to the children, youth and families of the Lanark County and Smiths Falls area remotely. If you are looking to access mental health support, you can do so by calling
1-877-232-8260
Please leave a detailed voicemail with a name and phone number that you can be reached at.

Continue to tune into upcoming Facebook Live and Instagram posts and look for newsletters for parenting tips, family activities and ways to stay connected during these uncertain times.

WHAT'S INSIDE

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HELPING CHILDREN DEAL WITH GRIEF

BY: CHILD MIND INSTITUTE

You can't protect your kids from the pain of loss, but you can help build healthy coping skills
Click the link below to continue reading:
https://childmind.org/article/helping-children-deal-grief/

Star Breathing

Start at any “Breathe in” side,
hold your breath at the point, then breathe out.
Keep going until you’ve gone around the whole star.

www.copingskillsforkids.com
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Having children practice deep breathing as a coping strategy can help them develop an awareness of the changes in their breathing based on the emotions they may be feeling. For instance, if someone is feeling worried, they may begin breathing shallow and fast breaths.

Allowing your child to connect emotions to breathing and then learn how to use small practices like Star Breathing to regulate their breathing when feeling big emotions can help support positive coping skills and emotional awareness.

Try it today!

TAKING CARE OF ME

Taking Care of Me Activity

It is so important in this time while living through the Covid-19 pandemic to Take Care of Yourself. We are all losing something now, whether it be a loved one, loss of being near friends and family, loss of the realization that you may not attend graduation or the loss of not having the same routine you once had. It's important that we recognize that we're in the middle of this collective grief and do things to help us through this process. The "Taking Care of Me" activity is one idea you can do at home to help you on your healing journey.

The first thing you need is something to decorate that will hold all your ideas. It can be a box, storage container, gift bag, basket or whatever else you have at home. Decorate it if you choose too, adding your own personality to it and making it your own!

Remember this is personal to you so feel free to add whatever you feel would be helpful for your own healing journey.

Ideas:

- Cut out a heart and place it in your container to remind you that you can get a hug from someone in your home or you can give yourself a hug
- Make a list of things that you are good at and add it to your container
- Place a list of favorite songs you can listen to into the container

- Draw or write about your favorite place to remind you to take time to breath while you visualize yourself in that space
- Make a list or draw the people you can connect with and talk to when feeling scared, lonely or worried
- Make or draw your own list of activities you can do at home or outside (keeping in mind social distancing rules) E.g.: Going for a walk with your family, making bubbles, doing a craft, colouring.
- Draw or write down how you are feeling so you can talk about it if you would like
- Add a picture of your favorite stuffy to remind you that you have something to cuddle when feeling sad, scared, or worried
- Write or draw happy times that you remember with your loved one

Remember this is your own special place to store these items to help you along your healing journey.

Activity modified from Liana Lowenstein's
"Creative Interventions for Beavered Children"