



RESOURCES FOR PARENTS

Spring 2020

MENTAL HEALTH SUPPORTS

Kids Help Phone

Website: <https://kidshelpphone.ca/>
Text: CONNECT to 686868
Phone: 1-800-668-6868 (24/7)

Child Abuse Hotline

Website: <https://ab.familieschange.ca/en/teens/help-lines>
Phone: 1-800-387-5437

211 (Alberta Community and Social Services Helpline)

Phone 211
Text 211
Website: <https://www.ab.211.ca/>

Mental Health Helpline

Phone: 1-877-303-2642

Canadian Mental Health Association - Edmonton Region

Crisis Phone 24/7: 1-800-232-7288 (Toll-free service available to Northern Alberta)
(780) 482-HELP (4357)

Calgary ConnectTeen (Available for teens across Alberta)

Website: <https://calgaryconnectteen.com/>
Text: 587-333-2724
Hours 3-10 pm M to F; 12-10 pm Sat, Sun
Phone: 403-264-8336 24/7

Crisis Services Canada: Suicide Prevention & Support

Website: <https://www.crisisservicescanada.ca/en/Phone>
one: 1-833-456-4566 Text: "Start" 45645

First Nations and Inuit Hope for Wellness Help Line

Phone: 1-855-242-3310 Online chat: <https://www.hopeforwellness.ca/>

Emergency 911

Health Link 811

FREE MENTAL HEALTH APPS

WHAT UP?

Information on anger, anxiety, depression, self-esteem and stress. There are also coping strategies and you can make a personal board including diary, positive and negative habits tracker, & positive steps.

CALM HARM

This app aims to reduce self-harm. It is passcode protected for privacy, and walks you through multiple activities to "comfort", "distract", "breathe", "express", & "release" to help ease anxiety and feelings of sadness.

WOEBOT

Artificial intelligence app that uses cognitive behavioural therapy and mindfulness techniques. Research suggests the app is useful for reducing symptoms of anxiety and depression. Recommended for those 16 years of age or older.

ONLINE RESOURCES AND ARTICLES

Children's Mental Health Learning Series

Resources to help caregivers, families and professionals provide support for children and youth with mental health concerns.

- alberta.ca/childrens-mental-health-learning-series.aspx

Self-regulation, Social and Anxiety Articles for Parents

- www.socialthinking.com/Resources

Alberta Health Services

- albertahealthservices.ca - Section "Covid 19 Online Resources"

Canadian Mental Health Association Webpage - cmha.ca "Coronavirus - Managing Stress and Anxiety"

Mental Health Foundation

Looking After Your Mental Health during the Corona Outbreak

- <https://mentalhealth.org.uk/>

Parenting Expertise

Dr. Laura Markham supports parents in creating a more peaceful home -- and happy, responsible, considerate kids!

- ahaparenting.com

IN YOUR COMMUNITY

Edson Municipal Website for local information, closures and updates :<https://www.edson.ca/town/town-news/post/60789>

Wilmore Park, Edson

Hiking, Snowshoeing, Sledding Hill, Fire Pits (bring your own equipment)
Location: 6km south of Edson on 63rd Street
Cost: Free

ACADEMICS

Follow Your School's Lead.

This website has academic learner outcomes to support your at home learning
<https://sites.google.com/view/essentialoutcomes/home?authuser=0>



WHAT TO DO?

COVID-19 KIDS ACTIVITY

Check out this colouring book that explains COVID-19. It aims to help children express their emotions and alleviate anxiety. It is available in multiple languages.

https://www.mindheart.co/descargables?fbclid=IwAR1dmz_LMF2N8bcJ0d2cBt9fo1bUGZ6s0fHho_IM8cavAEKqaOTJ5cdId9E

COVID-19 RESOURCES

Employment Insurance Web Page

The government is waving the one-week waiting period for two-week quarantines. If you are affected, apply right away. A new number has been assigned to help with COVID-19 related claims - 1-833-381-2725

Alberta Income Support/Emergency Financial Assistance

24-hour Emergency Income Support Contact Centre

Get emergency financial assistance to help with basic needs like shelter, food, clothing and transportation.

Hours: 24/7

Toll free: 1-866-644-5135

Fax: 780-422-9681

Email: css.iscc@gov.ab.ca

Family Support for Children with Disabilities (FSCD)

<https://www.alberta.ca/fscd.aspx>

Government of Canada Online

There is a comprehensive section on Covid-19 that includes updates, travel advice, being prepared, symptoms/treatment and prevention/risk.

Government of Alberta Online

alberta.ca/coronavirus-info-for-albertans.aspx

HOME-BASED ACTIVITY IDEAS

Physical Activity

Walking, Running, Home workouts, Have a Dance party, Geocaching

Online - YouTube Channels for Physical Activity for kids:

Little Sports . KIDZ BOP . GoNoodle . Cosmic Kids . YogaSaskia's Dansschool. GoNoodle. **For adults:** Blogilates . GymShark . POPSUGAR fitness . The Fitness . MarshallFitnessBlender

Creative Play

Indoor/Outdoor Forts, Picnic, Board Games, Playgrounds, Cards, Puzzles, Riddles, Play Outside, Game Night (my-little-poppies.com), Just Dance, Charades, Make Play Dough .

Social Connection Using Technology

Use Google Hangout, FaceTime, Skype, SnapChat to connect with friends and family.

Podcasts

<https://www.common sense media.org> has a list of podcasts which includes science, history, storytelling and more engaging topics.

In the Kitchen

Involve children in meal-planning and meal / snack preparation. Try a new recipe together.

Arts and Crafts

Use paper, markers, pens, cardboard, or whatever supplies you have around the house to create. Or use a drawing app/online option. Make Slime, Oobleck, a Stress Ball or a Calming Jar. Send letters or crafts to grandparents or distant family members or friends.

Building

Use lego, cardboard, popsicle sticks, marshmallows, recyclables, canned food, or whatever else you have around the house

Educational Films

March is National Indigenous History Month! The National Film Board of Canada has launched Indigenous cinema, an extensive online library with over 200 films of various lengths by Indigenous directors.

Reading and Learning

<https://classroommagazines.scholastic.com/support/learnathome.htm>

<https://www.raz-kids.com/mathletics.com>

<https://www.journalbuddies.com/>

Responsibilities Around the House

Encourage involvement in house-hold chores.

FURTHER SUGGESTIONS

- **Establish a schedule. Use a timer to stick to it.**
Khan Academy Online has suggested schedules by grade level.
- **Check in with your child.**
Encourage free sharing of emotions.
- **Maintain a positive attitude and practice self-care.**
- **Keep yourself informed with reliable and science-based information.**