



Resources
and Fun for
Thursday
3-26-2020

7 Ways to Relieve Anxiety When All You Can Think About Is Coronavirus



Earlier this week, the World Health Organization officially declared COVID-19 as a pandemic. All of Italy has gone into lockdown to slow the spread of the novel coronavirus. Universities, theaters, and events around the world have shuttered. Grocery stores are lined with empty shelves. Confirmed cases continue to rise across the United States. In short: You're probably feeling overwhelmed right now.

© anyaberkut - Getty Images It's easy to feel overwhelmed with coronavirus news. Experts specializing in anxiety share their top strategies to help you feel less stressed about COVID-19.

"There's no question that people are on edge," says board-certified psychologist David H. Rosmarin, Ph.D., assistant professor in psychology at Harvard Medical School and founder of the Center for Anxiety. "People who have preexisting anxiety disorders—and there are a lot of them—seem to be seeing increasing severity of anxiety, and people who don't have a disorder seem to be suffering from those crippling symptoms, too."

It's completely normal to feel more anxious than ever in the middle of a COVID-19 outbreak—but understanding that fact might not make coping any easier. However, experts say there are plenty of strategies that can at least reduce your fears. Here's what psychologists and psychiatrists from around the country recommend for alleviating coronavirus-induced anxiety.

1. Practice good self-care.

During a crisis, you can easily forget to take care of yourself while only focusing on negative thoughts. Your first priority, however, should be making sure you're taking self-care seriously. "Get enough sleep, exercise, eat well," says psychiatrist Beth Salcedo, M.D., medical director of the Ross Center and immediate past president of the Anxiety and Depression Association of America. "Do everything you can to take care of your physical health, which is helpful for your mental health." Self-care is deeply personal and takes many forms, but staying active, doing hobbies you enjoy, listening to music, and calling loved ones all help.

Can't fall asleep? Try the breathing video below to help you relax:

2. Go for a walk.

The Centers for Disease Control and Prevention (CDC) currently recommends keeping a distance of about six feet from others when possible. But even with social distancing and self-quarantines in effect, you still have access to the outdoors, which can do wonders for your mental and physical health, says clinical psychologist Jonathan Horowitz, Ph.D., certified cognitive therapist and director of the San Francisco Stress and Anxiety Center.

"Getting outside right now is so, so important," he says. "As long as you avoid big groups, there's nothing harmful indicated about going for a walk outside. We still have that." Bonus points if you can find some greenery: One 2015 study found that people who went for a 50-minute walk in a natural environment more effectively decreased their anxiety and overwhelming thoughts compared to those who went for a similar walk in an urban area.

3. Limit your screen time.

"People need to be really careful about how much news they're watching, how much time they spend on this issue, and where they're getting their information," Dr. Salcedo warns, noting that too much information can be just as harmful as too little.

One boundary to set in place: "I don't think people should be checking any electronic devices an hour before bedtime," Rosmarin says. "Nothing's going to change that you need to know about between 10 p.m. and whenever you wake up in the morning." This will not only keep your mental health in a good place, but you'll sleep more soundly, too.

4. Plan, don't panic.

As human beings, we have a tendency to "catastrophize," or to receive bad news and concoct worst-case scenarios in our heads. "You hear about coronavirus and you start to think, 'Oh, what if I end up in the hospital, what if I lose my job, what if my business closes,'" Horowitz says. "Our minds are like threat detection systems, but it's really important to be able to use that power in a constructive way."

He suggests jotting down your worst fears about the future and addressing them one-by-one, possibly even discussing them with someone you trust who is calm. This can help you form strategies for how to deal with each one realistically. "What you don't want to do is get stuck in that mode where you're just thinking and thinking about the worst possible outcome," Horowitz says. "We can work ourselves up to where it's almost like that actually happens." Planning for the future is great—it's panicking that will hurt your mental health.

5. Try meditation.

© Emily Schiff-Slater How to Manage Anxiety About Coronavirus

"I'm a big believer in meditation," Dr. Salcedo says. And studies support its stress-busting benefits: After Johns Hopkins University researchers looked at 47 trials (which included more than 3,500 people), they found that mindfulness meditation programs could help improve anxiety, according to a meta-analysis published in *JAMA Internal Medicine*.

The Easiest Way to Practice Meditation



Here's how to start:

1. Get yourself to a comfortable area without distractions. You can meditate in a chair, on the floor, lying down, or even standing up or walking.
2. Once you've found your spot, start by centering yourself with a few deep breaths. "As you inhale and exhale deeply, silently say 'in' and 'out' with each breath," Nina Smiley, Ph.D., director of mindfulness programming at Mohonk Mountain House in New York recently told Prevention.com.
3. "During this cycle, if a thought comes into the mind, gently and non-judgmentally acknowledge it, let it go, and return to the breath," Smiley says.
4. Aim for at least 10 minutes, if you can.

Meditation apps and YouTube can be great resources for beginners. "Practice it every day, twice a day, if you can," Dr. Salcedo says. "That's a great way to reset a very anxious body and mind."

6. Stay social.

“Even with a lot of people in isolation, it doesn’t mean we have to *live* in isolation,” Rosmarin says. “I think people should still be getting together, so to speak, as much they can, whether it’s just one-on-one, having people come over, or using electronic means to stay interpersonally connected.” There are plenty of ways to stay in contact, even while under quarantine, whether it’s a funny Slack conversation with your coworkers, a phone call with your parents, or a video chat with your best friend.

7. Focus on what you can control.

There’s no easy way to accept a lack of control—but it’s a good idea to start trying. “What really has to happen here is an acceptance and understanding that we’re not in control; that’s the reality,” Rosmarin says. “We can do certain things to prevent the disease from spreading, but we can’t guarantee it.”

The best thing to do, in this case, is to understand that uncertainty over COVID-19 doesn’t mean a lack of options. “This is a time of uncertainty and people feeling like nothing’s in their control, so they should focus on what is in their control,” Dr. Salcedo says, “like whether they spend time with friends or not, whether they get their exercise for the day or not, and trying to engage in things that will keep them from thinking about the issues that make them anxious.”

All things in your control? These prevention strategies from the CDC:

- Avoid touching your eyes, mouth, or nose.
- Avoid close contact with anyone who appears to be sick.
- Wash your hands well and frequently with soap and water for at least 20 seconds.
- Use alcohol-based hand sanitizer when soap and water isn’t readily available.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home if you develop cold or flu-like symptoms.
- Avoid nonessential travel to areas with active COVID-19 outbreaks.
- Visit the website for your local health department to make sure you are getting accurate updates.

Count and Sort Fruit Salad

Fruit salad is more than just a healthy treat—it's also a great way to teach your child important math skills! In this activity, kids practice their counting and sorting skills as they give a helping hand in the kitchen. The end result is a delicious and nutritious fruit salad that's sure to appeal to any pallet.



Grade
Preschool

Subject
Science

- Colors

Math

- Number Sense
 - Numbers 0-10
 - Counting Numbers 1-10
- Data
 - Sorting and Categorizing

What You Need:

- 5 colorful fruits such as: blueberries, strawberries, melon, kiwis, mango, etc., at least 10 pieces of each
- 5 small bowls
- 1 large bowl
- Tray or cutting board

What You Do:

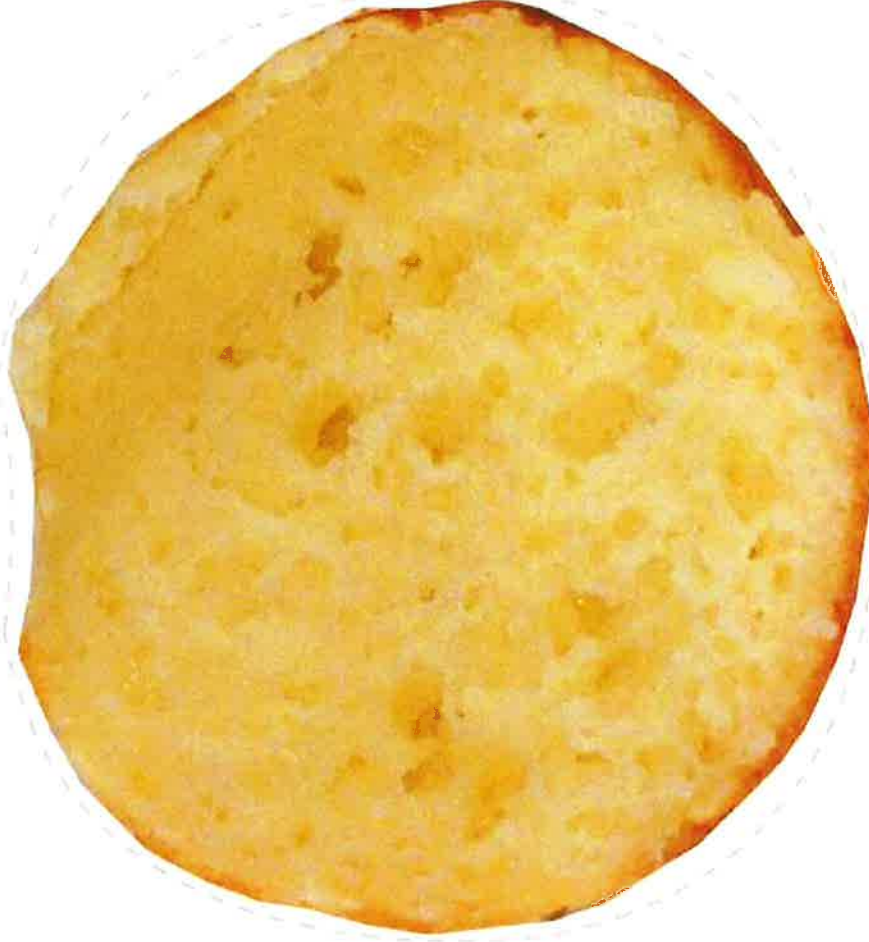
1. After you've cut and prepared the fruit, lay it all on a tray or cutting board and place it in front of your child. See how many different fruits he or she can recognize and name.
2. Encourage him or her to separate each fruit into different bowls. Explain that the recipe requires ten pieces of each fruit. Can he or she help you make sure you have the right amount?
3. When all the fruits are separated, talk to her about the different colors in each fruit. What different colors can you see? Are there any colors that are the same? Explain to your child that each different color represents a different nutrient that our bodies need.
4. Now, encourage your child to pour each fruit into the big bowl, help mix everything together. Voila!

When you're all done, don't forget to give the fruit salad a try. After all that counting and sorting, your child deserves a yummy treat

PLAY WITH YOUR FOOD! HAMBURGER!

Works best when printed
on thicker paper!

SESAME SEED BUN



TOMATO



MUSTARD



PICKLES



PLAY WITH YOUR FOOD! HAMBURGER!

Works best when printed
on thicker paper!

HAMBURGER PATTY



CHEESE



LETTUCE



MAYONNAISE



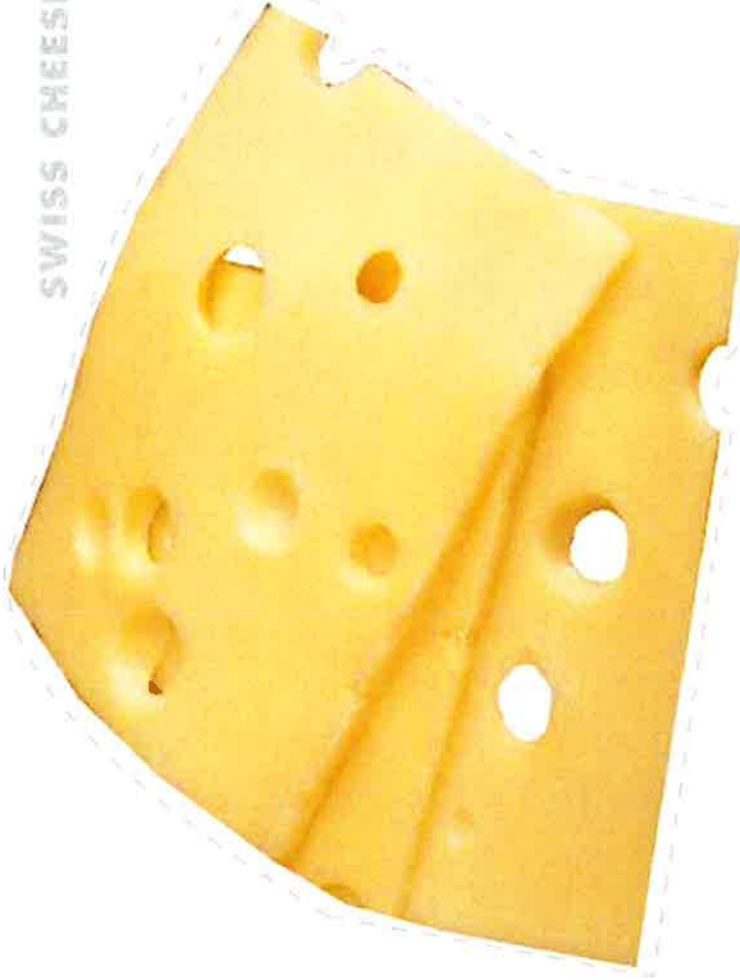
PLAY WITH YOUR FOOD! HAMBURGER!

Works best when printed
on thicker paper!

ONION SLICES



SWISS CHEESE



POTATO CHIPS



GRILLED MUSHROOMS



PLAY WITH YOUR FOOD! HAMBURGER!

Works best when printed
on thicker paper!

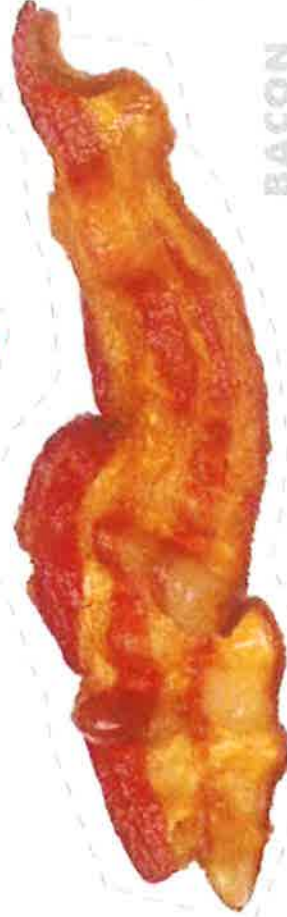
PEPPER JACK CHEESE



KETCHUP



BACON



FRENCH FRIES



PLAY WITH YOUR FOOD! HAMBURGER!

Works best when printed
on thicker paper!

ONION RINGS



DILL PICKLE ON THE SIDE



HONEY MUSTARD



BARBEQUE SAUCE



TATER TOTS



BABY SIGNS®

Quick Reference Guide



Mealtime	eat	drink	more	milk	cereal	bib	all done
Bedtime	love	stars	light	sleep	moon	book	toothbrush
Bath Time	bubbles	bath	frog	water	duck	turtle	tree
My Pets	bunny	cat	dog	fish	butterfly	ball	slide
The Park	hat	comb	socks	shoes	coat	diaper	cold
Dressing	happy	sad	afraid	angry	love	bug	car
Feelings	airplane	outside	rain	play	car	bug	car
Outside							

Farm



mouse



cow



horse



stop



help



hot

Safety



elephant



kangaroo



lion



cake



song



balloon



happy

Ten Steps to BABY SIGNS® Success

1. Start with just a few

Choosing a few means you are more likely to remember them. "Eat," "drink," and "more" are good starter signs.

2. Always use the sign and the word together

Seeing the sign and hearing the word together helps your baby make the connection.

3. Repeat the sign and the word

Be sure your baby is watching. Then quickly repeat the sign and word combination several times.

4. Point when possible

If the sign you're using stands for an object, point to the object while saying the word and making the sign.

5. Guide your baby's hands

If you feel it is necessary, gently guide your child's hands, but don't expect perfection. Babies' motor skills are limited.

6. Make signing a part of your daily activities

Add reminders of the signs you are teaching to your daily routines (e.g., a rubber duck in the bathtub or flower stickers on your baby's highchair).

7. Watch for opportunities

Be on the lookout for things to talk about with signs. More examples mean faster learning.

8. Be flexible

Feel free to change a sign or make up a new one. And be sure to watch for your baby's own creations.

9. Be patient

The younger your baby, the longer it will take to learn a sign.

10. Make signing fun

Involve your baby's grandparents and enjoy the magic that using the Baby Signs program will bring!



The Farmer in the Dell

The farmer in the dell, the farmer in the dell
Heigh-ho, the derry-o, the farmer in the dell

The farmer takes a wife, the farmer takes a wife
Heigh-ho, the derry-o, the farmer takes a wife

The wife takes the child, the wife takes the child
Heigh-ho, the derry-o, the wife takes the child

The child takes the nurse, the child takes the nurse
Heigh-ho, the derry-o, the child takes the nurse

The nurse takes the dog, the nurse takes the dog
Heigh-ho, the derry-o, the nurse takes the dog

The dog takes the cat, the dog takes the cat
Heigh-ho, the derry-o, the dog takes the cat

The cat takes the mouse, the cat takes the mouse
Heigh-ho, the derry-o, the cat takes the mouse

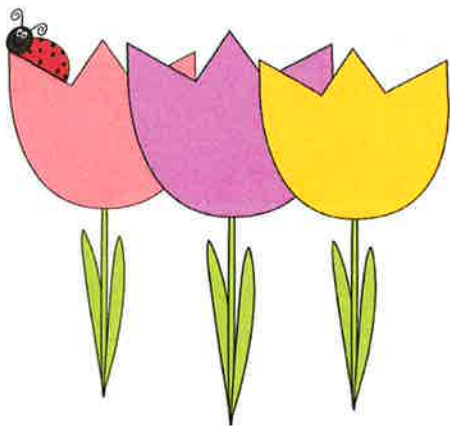
The mouse takes the cheese, the mouse takes the cheese
Heigh-ho, the derry-o, the mouse takes the cheese

The cheese stands alone, the cheese stands alone
Heigh-ho, the derry-o, the cheese stands alone



April

I plant a little seed in the cold, cold ground
Out comes the yellow sun, big and round.
Down come the raindrops soft and slow
Up comes the flower grow, grow, grow.





**Birth - 3
months**

**4 - 7
months**

**8 - 12
months**

Infant Hunger and Satiety Cues

Hunger Cues	Satiety Cues
<ul style="list-style-type: none"> • Opens and closes mouth • Brings hands to face • Flexes arms and legs • Roots around on the chest of whoever is carrying the infant • Makes sucking noises and motions • Sucks on lips, hands, fingers, toes, toys, or clothing 	<ul style="list-style-type: none"> • Slows or decreases sucking • Extends arms and legs • Extends/relaxes fingers • Pushes/arches away • Falls asleep • Turns head away from the nipple • Decreases rate of sucking or stops sucking when full
<ul style="list-style-type: none"> • Smiles, gazes at caregiver, or coos during feeding to indicate wanting more • Moves head toward spoon or tries to swipe food towards mouth 	<ul style="list-style-type: none"> • Releases the nipple • Seals lips together • May be distracted or pays attention to surroundings more • Turns head away from the food
<ul style="list-style-type: none"> • Reaches for spoon or food • Points to food • Gets excited when food is presented • Expresses desire for specific food with words or sounds 	<ul style="list-style-type: none"> • Eating slows down • Clenches mouth shut • Pushes food away • Shakes head to say "no more"

Important Counseling Points

Babies use multiple cues together, or clustered cues, to convey their needs. They may bring their hands to their face, clench their hands, root, and make sucking noises. All these behaviors together help us know when a baby is hungry. A single cue alone does not necessarily indicate hunger or satiety.

Crying is not a cue, but rather a distress signal. Cues occur prior to crying. Watching and responding early to cues can help prevent crying. Hungry babies *might* cry, but they will *also* exhibit hunger cues noted above.

Fuel Your Child's Body...

from Head to Toe

Support and encourage your child to taste, eat, and

enjoy foods that help build strong and healthy bodies

Providing a young child with good nutrition is not

only important for normal growth and development, it also promotes lifelong healthy eating habits that can prevent diseases later in life.

It's normal for preschoolers to be hesitant to try new foods. Make the most of mealtime by:

- **Offering a variety of foods at meal times.** Your child may have rejected them in the past, but keep trying – it takes many exposures for children to accept new foods.
- **Involving your child in meal**



preparation with age-appropriate tasks.

• **Modeling healthy eating habits.** Your child

can pick up on your food preferences, so

allow them to catch you in the act of making healthy food choices.

• **Allowing your child to decide whether he or she wants to eat and how much.** You decide what, when, and where your child eats.

• **Creating a routine for daily meals and snacks.**



Know Your Nutrients

Vitamins and Minerals

Vitamins and minerals are important nutrients that promote a child's growth and development while helping keep the body healthy. Offer your child a variety of different food choices throughout the week so they get many different vitamins and minerals. Fruits, vegetables, whole grains, low-fat milk, lean meats, beans, and eggs are great sources of vitamins and minerals.

Protein

Protein foods help build, maintain, and repair the tissue that make up a human body, including our muscles and organs. Foods rich in protein include

meat, poultry, fish, beans, legumes, nut butters, and eggs.

Healthy Fats



Fat is an important nutrient in a young child's diet for growth and development. Choose unsaturated fats like avocados, oils, and peanut or other nut butters. These types of fats help keep a child's brain, nervous system, blood vessels, and heart healthy, while giving kids energy to play and grow.

Good Bacteria

Yogurt contains "good bugs" which help children digest the foods they eat, keep their intestines healthy, and help keep them from getting sick.



Fiber

Fiber helps keep kids feeling full and helps in digesting food. High fiber foods include fruits, vegetables, whole grains, and beans. Toddlers should get about 19 grams of fiber each day while children should get about 25 grams each day.



KEEP YOUR CHILD SAFE Prevent Choking

Some foods are easy for young children to choke on when eating. Skip hard, small, whole foods such as seeds, nuts, and hard candy. Cut foods such as meats, grapes, and raw carrots into irregular pieces no larger than 1/2 inch and teach your child to chew food well.



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Coronavirus disease 2019 (COVID-19) and you

What is coronavirus disease 2019?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can I get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the world. Risk of infection from the virus that causes COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19.

Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

The current list of global locations with cases of COVID-19 is available on CDC's web page at <https://www.cdc.gov/coronavirus/2019-ncov/locations-confirmed-cases.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.





United States Department of Agriculture

Food and Nutrition Service

Growing Strong with Milk



At child care, milk is an important part of meals. The nutrients in milk can help your child build strong bones and muscles.

Why Does Our Child Care Serve Milk?

Milk provides vitamins, minerals, and protein. Low-fat (1%) and fat-free (skim) milk have the same nutrients as whole milk, but less saturated fat. Choosing healthier sources of fats, while eating fewer saturated fats, is good for heart health.

Be a Dairy Detective

Let's take a closer look at milk. Cow's milk is a good source of calcium, protein, vitamin D, and vitamin A. Take a look at the Nutrition Facts label to the right to see what you're getting in a cup of low-fat (1%) milk.

Low-fat (1%) Milk



Nutrition Facts

8 servings per container
Serving size 1 cup (240ml)

Amount per serving

Calories **100**

	% Daily Value*
Total Fat 2g	
Saturated Fat 2g	3%
Trans Fat 0g	8%
Cholesterol 12mg	
Sodium 107mg	4%
Total Carbohydrate 12g	5%
Dietary Fiber 0g	3%
Total Sugars 10g	0%

Protein 8g

Vitamin D 3mcg	15%
Calcium 305mg	30%
Iron 0mg	0%
Potassium 366mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Encouraging Milk as Children Age

- **Take changes slowly.** After your child turns 2 years old, consider changing from whole milk to low-fat milk. Start by switching to reduced-fat (2%) milk for a few weeks. When your child gets used to reduced-fat milk (2%), try low-fat (1%) or fat-free (skim) milk.
- **Enjoy smoothies.** Blend low-fat milk with fruits and low-fat yogurt.
- **Make it special.** Offer low-fat milk in your child's favorite cup.
- **Be a healthy role model.** Encourage the whole family to drink low-fat milk with meals.

Tummy Troubles

If your child is lactose intolerant or gets stomach pains, gas, or bloating after drinking milk, try lactose-free milk and talk with your child's doctor. If you would like your child to drink soymilk at child care, please send a written note. A parent or guardian can make the request. A doctor's note is not required as long as the soymilk meets certain nutrition standards. Soymilk served in child care must have the same amount of calcium, protein, vitamin A, and vitamin D as cow's milk.

At child care, "milk-like" beverages that do not contain the same amounts of calcium, protein, vitamin A, and vitamin D as cow's milk cannot be served in place of cow's milk without a doctor's note.

