

## ***What can I do to help my children during this time?***

**During this difficult time children may benefit from:**

- Establishing a daily routine: School days are based on routine and consistency!
- Encourage kids to talk about their feelings: Children may not understand why things are different, addressing their concerns may help them feel more at ease.
- Take short breaks from schoolwork for fun activities.
- Limit screen time: Especially try to limit exposure to news as this may be confusing or frightening to younger children.
- Stay connected!: Plan virtual playdates with family and friends
- Engage in self-care activities: for parents and children- take some time to be alone, do something you don't normally have time for or just something for you.
- Get regular exercise: Good for the body and mind! To get moving take a walk outside (if you are able) or stay in and dance to some music, do some bodyweight exercises or try out yoga.



***Still, feeling overwhelmed? Looking for alternative support for your child's mental health? We are here to help! We now offer telehealth services, book your secure virtual appointment today to speak with a caring and committed mental health professional.***

**YOUTH DEVELOPMENT CLINIC (YDC)**

500 Broad St. 3<sup>rd</sup> Floor Newark, NJ 07102  
973-623-5080 | [Office@ydcnj.org](mailto:Office@ydcnj.org) | <https://ydcnj.org/>



## *Why Mindfulness?*

### Mindfulness can...

- help reduce stress and anxiety
- help you feel calm and relaxed
- improve focus and concentration
- help you to be more aware of the present moment



## *How do I use Mindfulness?*

### Activities for the Entire Family

- Use your senses to name—5 things you see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.
- 4 square breathing—breath in for 4 seconds, hold for 4 seconds, breathe out for 4 seconds, hold for 4 seconds REPEAT.
- Practice “blowing bubbles” by taking a deep in through the nose to fill the bubble and blow the bubble out through your mouth.
- Download a mindfulness app to practice guided meditation.
- Stretch while taking deep breaths.
- **For younger children** try the five-finger starfish meditation. Hold out a “hi-five” on one hand and use one finger on the other hand to trace the “hi-five.” In breath going up the finger, out-breath going down.

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***The Youth Development Clinic is now offering telehealth services! To book your secure, virtual appointment today, give us a call at 973-623-5080, to get set up with a caring and committed mental health professional.***

## What is Telehealth?

→ Telehealth is the provision of mental health services through electronic methods. You can speak directly with a caring and committed mental health professional in the comfort of your own home at a time that is convenient for you and your family.

## Is it secure?

→ Yes. At YDC we use a secure, HIPAA compliant video-conferencing platform to provide services to your family/children.



## How does it work?

- First, you call our office to set up a day and time that works for you.
- Our office will send you some forms to be filled out to get started.
- On the day of your appointment, your therapist will send you a secure link and password to login to your session via your cell phone or computer. That's it!

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