

# COVID-19 and FASD

March 24, 2020



## *How to cope with stress during a pandemic?*

### **Talking to children about the Coronavirus**

- Deal with your own anxiety;
- Don't be afraid to discuss the coronavirus with your child;
- Use simple language to meet their developmental age;
- Take your cues from your child
- Be reassuring;
- Focus on what you're doing to stay safe;
- Stick to routine;
- Keep talking to your child.

### Creating a sensory/calm down kit for your child:

- Fidget toys
- Play dough
- Books/audio books
- Puzzles
- Weighted vest/lap pad
- Photo album
- Pipe cleaners
- Magic sand
- Stress ball
- Rubix cube
- Elastics
- Glitter bottle

### Calming Tip #1:

Get some colored feathers and pick one feather to use. It could be a color that you love or one that makes you feel calm. Breathe in and hold your breath for a count of 3, then breathe out going up on one side of the feather and down the other side.



Do I still need to stick to a routine or schedule while there's no school?

.....**YES!!!**



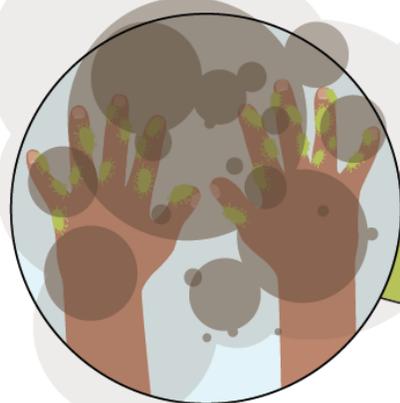
Having a routine for children with Fetal Alcohol Spectrum Disorder (FASD) can help reduce stress and anxiety. Children with FASD have permanent brain injuries that can impact communication, understanding, responses to stress, and more. It can help your child overcome these brain injury symptoms, and stay calm more easily, to know what to expect, where they are going, and who they'll be with. Here's an example of a routine that can be used at home.

## COVID-19 DAILY SCHEDULE

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A- wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

One of the best ways to prevent the COVID-19 from spreading is washing our hands. Since many of our children have sensory issues, this task might be difficult for some. Most of our children/adults learn better by using visuals. Visuals are permanent, they allow time for visual processing, they prepare for transition, they help individuals see what you mean, they help to reduce anxiety and they have no attitude!! Here's a visual to help with this task.

# Wash Your Hands!



Dirty!



Wet



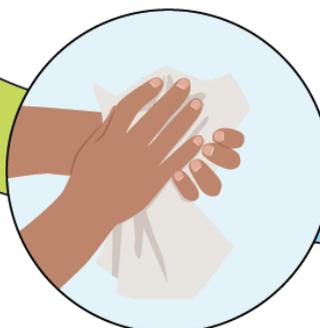
Get Soap



Scrub



Rinse



Dry



Clean!



## What are the symptoms of COVID-19??



**Fever**



**Cough**



**Difficulty breathing**

**What do I do if I or someone in my family is experiencing these symptoms?**

**Step 1:**

**Stay Calm!**

**Step 2:**

**Call 811 or your family doctor for information**

## Sneezing is a breeze!

Sneezing into a Kleenex or an arm sleeve, makes sneezing a breeze!

Our children learn by seeing and doing, so practice sneezing with your children.

**Have fun practicing!**

### Calming Tip #2:

This calming technique will take you through your five senses to help remind you of the present. This is a calming technique that can help you get through tough or stressful situations.

Take a deep belly breath to begin.

**5 - LOOK:** Look around for 5 things that you can see and say them out loud. For example, you could say, I see the computer, I see the cup, I see the picture frame.

**4 - FEEL:** Pay attention to your body and think of 4 things that you can feel and say them out loud. For example, you could say, I feel my feet warm in my socks, I feel the hair on the back of my neck, or I feel the pillow I am sitting on.

**3 - LISTEN:** Listen for 3 sounds. It could be the sound of traffic outside, the sound of typing or the sound of your tummy rumbling. Say the three things out loud.

**2 - SMELL:** Say two things you can smell. If you're allowed to, it's okay to move to another spot and sniff something. If you can't smell anything or you can't move, then name your 2 favorite smells.

**1 - TASTE:** Say one thing you can taste. It may be the toothpaste from brushing your teeth, or a mint from after lunch. If you can't taste anything, then say your favorite thing to taste.

Take another deep breath to end!

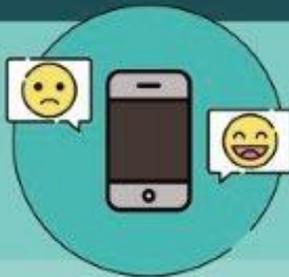
Remember for children to understand, it is important to speak in their language and at their level of understanding.

All this information about the Coronavirus is making me anxious, how can I deal effectively with these feelings??



World Health Organization

## Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

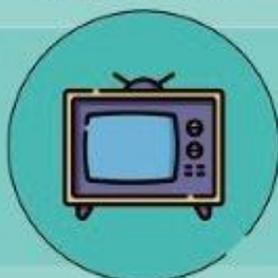
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



# MANAGING CORONA VIRUS (COVID-19) ANXIETY

♥ For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

## Calming Tip #3:

Some children and adults absolutely love to relax by taking a bath. Add bubbles, Epsom salt, essential oils ... play soothing music, light candles or listen to an audiobook.



There are two great Facebook groups for parents and teens in NB

Go check them out!

### NB FASD Parent Advisory Group

<https://www.facebook.com/groups/547988132684529/>

### Fredericton F.A.S.D. Support Group

<https://www.facebook.com/groups/317966565534943/>

# Mom, Dad ... I'm BORED!!!

## Here are some ideas to fight the boredom virus:



Wash the windows	Play a computer game/ app game	Make a den	Find a leaf with 5 spikes on the edges	Label objects around the house (post it notes)	Follow a recipe/ cook something
Make the bed	Lay the table	Fold the sheets	Fold clothes	Practise the days of the week- check the date daily	Match socks
Make a repeating pattern	Attempt to tie shoelaces	Practise fastening buttons	Family movie night	Family board game	Throwing and catching games
Make music using household objects and keep up the beat	Make a sandwich	Perform a song	Draw a character from your favourite book	Follow a simple drawing challenge online	Have a tea party
Play hide and seek	Learn how to count in a new language	Make a book	Design and make a bookmark	Write a letter to someone special	Junk modelling
Go on a number hunt around the house	Make a paper airplane and fly it	Wash your toys	Draw flags from different countries	Do a puzzle	Colouring in
Play 'Simon Says'	Discover some new jokes	Do a float or sink investigation	Play 'Dominoes'	Check in on a relative over the phone	Play 'Hangman'
Have a pyjama day	Paint on ice	Make something out of a cardboard box	Indoor bowling using plastic bottles	Make a mask	See what pictures you can find in the clouds
Write a story together	Make potions-measure carefully	Make your own playdough	Make a shop and role play	Use objects to measure furniture in your house (socks, books, pens)	Play 'I spy'
Blindfold games- 'Marco Polo'	Practise number formation	Practise letter formation	Phonics flash cards daily.	Click your fingers	Get dressed independently
Read stories	Write a sentence (using a capital letter, finger space and a full stop)	Make a music video	Build with Lego!	Play 'Jenga'	Draw a picture of my family
Play Dress up	Make paper chains (order days of the week)	Go on a HFW hunt	Learn a dance	Worm race (lay with arms by your side, wriggle to the finish line)	Design a story map of your favourite story
Sort books in height order on a shelf	Practise zipping your coat	Make a tally (counting)	Make a collage- cut up magazines	Counts items in the kitchen (tins/plates/cups/mugs- record it)	Count all the handles in your home
Play snap	Plant seeds	Make a treasure hunt	Build a bridge between two chairs	Draw a map of the room	Mummy date/ Daddy date
Have a disco	Rock painting	Set up and enjoy a picnic on the floor/ in the den	Go on a spider hunt	Do a morning workout together	Do some yoga (cosmic yoga- YouTube)
Massage each other.	Learn their address and emergency services number 999- role play	Build a tower	Try new foods	Blind fold- guess what I am holding/tasting	Learn about a famous painting (Artist)
Give your parents a make over	Practise using a knife and fork	Hoover/sweep the house	Help turn on the washing machine	Have an arm wrestle competition	Count objects up to 10/20



**Here is a list of online resources that can help you navigate these trying times with your family:**

**Talking about the COVID-19 with your child:**

[www.copingskillsforkids.com/coping-with-coronavirus](http://www.copingskillsforkids.com/coping-with-coronavirus)

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

<https://www.mindheart.co/descargables>

<https://canfasdblog.com/2020/03/17/what-is-covid-19-and-how-does-it-impact-you/>

<https://www.nofasd.org.au/wp-content/uploads/2020/03/NT-visual-coronavirus.jpg>

**Coping with stress:**

<https://canfasdblog.com/2020/03/18/managing-stress-surrounding-covid-19/>

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

**Hand washing:**

<https://www.youtube.com/watch?v=qJG72sycQB8&feature=youtu.be>

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/reduce-spread-covid-19-wash-your-hands.html>

**Social stories:**

<https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html>

<https://theautismeducator.ie/2020/03/11/corona-virus-social-story/>

<https://www.optimalbrainintegration.com/scripted-stories>

**Being prepared:**

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-be-prepared-infographic.html>

**For any questions or concerns, please contact us at the  
NB FASD Centre of Excellence:**

**862-3783**

