

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. 3rd Floor Newark, NJ 07102
973-623-5080 | 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—breathe 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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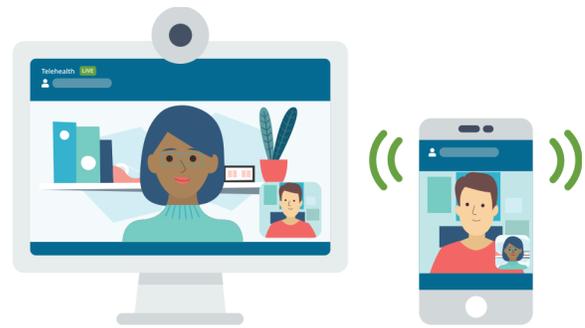
The Youth Development Clinic is now offering telehealth services! To book your secure, virtual appointment today, give us a call at 973-623-5080, to get set up with a caring and committed mental health professional.

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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