

Gratitude Journal

Source: www.sourcesofstrength.org

Did you know that naming three new things you are grateful for each day for 21 days can literally change your brain chemistry? Noticing and reflecting on things we are thankful for can train our minds to focus on the good happening around us! You can create a simple gratitude journal. You might want to ask a friend to do this with you. Maybe your whole household might participate, or your family could start or end your day with a thankful reflection. Notice if you grow in gratitude over this time! **Keep spreading Hope, Help, and Strength!**

Date: _____ I am grateful for: . _____
 . _____
 . _____

QUINGO

quarantine bingo!



Take a 30 minute social media break	Hydrate! drink 1/2 your weight in ounces per day	Breathe in some fresh air	Draw the people, places + things that give you strength	Do a yoga or workout class online	Learn to bake or cook something
Read a good book	Up to you! what did you do?	Write down 3 things you're grateful for	Tell someone you love them	Take a shower or bath	Practice box breathing
Call a loved one you haven't spoken to recently	Look up videos of baby animals	Make a cup of tea (or 1 for a family member)	Organize a cluttered place in your home	Journal or write a poem	Eat a meal together – even over video
Get out of your pjs and put on a favorite outfit	Take your dog for a walk or offer to take a neighbor's dog	Check in on a neighbor	Up to you! what did you do?	Try a new hobby	Do a puzzle or play a game
Move your body and stretch	Sing or dance (the shower counts!)	Listen to fun or calming music	Write a card of appreciation to someone	Donate \$ online to a local food pantry	Email a note of thanks to local first responders – nurses, police, firefighters
Check in with someone about how you're both feeling	Up to you! What did you do?	Create a secret code and write a note to someone else	Watch a really good movie	Make a good old fashioned pillow fort	Check in with a teacher or mentor by email

A newsletter from your Pediatrician and CHILDREN'S HEALTH *foundation*



Fall 2020

TAKE CARE

HEALTHY TIPS FOR FALL

Fall 2020 has shown us again that in a year where much has been uncertain, we can learn to adapt, adjust our expectations and make sure we are taking care of our basic needs and those of our loved ones. We hope you find inspiration and comfort in the ideas shared in this issue.



How to Help Children Build Resilience in Uncertain Times

By: Kenneth Ginsburg, MD, MS Ed, FAAP

As parents, we want to protect our children from witnessing the fear and uncertainty brought by the COVID-19 pandemic. We wish we could take away the disruption to their education, activities and relationships. And, we wish they were not exposed to suffering.

We cannot control these circumstances, but we can work to strengthen our relationships during this time while building our children's resilience. We can remember to say what so many of our grandparents said to us: "This too shall pass, and you'll get through this with me by your side."

The best way to protect our children is to shape the lessons gained during this difficult time. We do so best when we intentionally manage our own feelings and experiences with an eye toward helping them build resilience.

Below are some of the feelings many of us are experiencing, paired with the chance they offer us to model and teach lifelong resilience skills.

"I feel like I am failing": Learning self-forgiveness

Perfection is not an option here. Know that if you forgive yourself and focus on the good in yourself now through self-compassion, your child or adolescent will learn to be a bit gentler with themselves. That is lifelong protection.

"My kids are frustrated, and so am I": Learning to empathize

One of the most respectful things we can do is genuinely understand someone else's point of view. The best way for children to gain this perspective is by benefitting from it firsthand. You build their empathy for others by working to understand their thoughts, feelings, and behaviors.

"I don't know how to handle how I feel": Processing and releasing emotions

A time of uncertainty with heightened emotions is the time to show that emotions are not to be ignored. Our children must learn from us that having emotions is good, talking about them is necessary and being honest with them is healing.

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The Children's Health Foundation is a non-profit organization that partners with your Pediatrician to develop quality health care programs in our community. We work together to foster the highest quality care for children, to raise awareness on health issues, and to achieve better children's health outcomes. Please ask your provider for more information.

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“I want to pull my hair out”: Creating a safe haven within our homes

You can love your child and still sometimes want to tear your hair out. We all have bad days when the stress load is high, and it’s high now. We cannot control the outside world, but we create sanctuaries within our homes. With peace in our homes, we can better handle the outside world.

“I need a time out”: Being a calming presence for others

In moments when the future is unclear and our minds begin racing toward worse case scenarios, the presence of a reassuring voice makes all the difference.

“I don’t know how to respond”: Being clear and honest with yourself and others

Say what you do know. Admit what you don’t.

“My mind feels out of control”: Maintaining physical health strengthens emotional health

Strong bodies support our minds to best navigate the circumstances we confront. Say out loud: “I can’t just sit on the couch all day. I’m going to exercise. If I don’t take care of my body, I can’t focus as well.”

“I keep thinking about the worst-case scenario”: Stay present and live in reality

Uncertainty can make our minds race to the worst possible outcome. Catch those thoughts and say, “I am imagining the worst. Let me focus on what is really happening.” Young people can assume the worst because they have not yet had the experience to know that crises come and go. Let them know “You’ll get through this with me by your side.”

“I feel helpless”: Finding what you can do

Few things create discomfort more than feeling like there is too much to do . . . or nothing you can do at all. And few things restore comfort more than tackling what you can. Model the importance of one of the most calming words: “Yet.” “I’ll NEVER _____!” can transform into “I haven’t _____ yet.” Don’t accept failure or disappointment as permanent but instead view setbacks as opportunities to try yet again.

“I can’t do everything”: Learning to let go

Stay healthy, strong, and compassionate. Take care of those who are vulnerable. Let family members know they are precious. Do what it takes to keep a roof over your head and food on the table. Everything else can wait.

“I am so disappointed”: Find joy, give service, and maintain purpose

Help your children see the difference they can make in others’ lives and how good it feels to give service. This may enhance their own resilience because they’ll learn the joy of giving. More important, they’ll learn there is no pity in receiving.

“I had so many plans that aren’t working out”: When you can’t change things, adapt

Many of our plans are not working out. Focus on what you can make a reality and what you can do.

“I miss my family and friends”: Relationships strengthen us

This is a generational defining moment. If this generation learns that when times get tough, people unify, it will be the generation who can lead us into a better shared future—one in which we hold those we love nearer and offer those who are vulnerable the extra support they deserve.

“Will things ever be the same?”: Hope

Resilience is about more than bouncing back. It is about adapting. Growing. Becoming stronger. Being ready for the next challenge, but also being prepared to savor all the good life has to offer. I hope that by the time you read this, the most difficult times will have passed. But, I also hope that these lessons endure.

Uncertainty is frightening, but knowing that we are not alone to figure it out brings comfort. Any individual alone is vulnerable, but joined together we are stronger than the combination of each of our individual strengths. People together can take turns between drawing strength from others and being a source of strength. We will get through this when we come together!

Source: American Academy of Pediatrics (Copyright © 2020), HealthyChildren.org

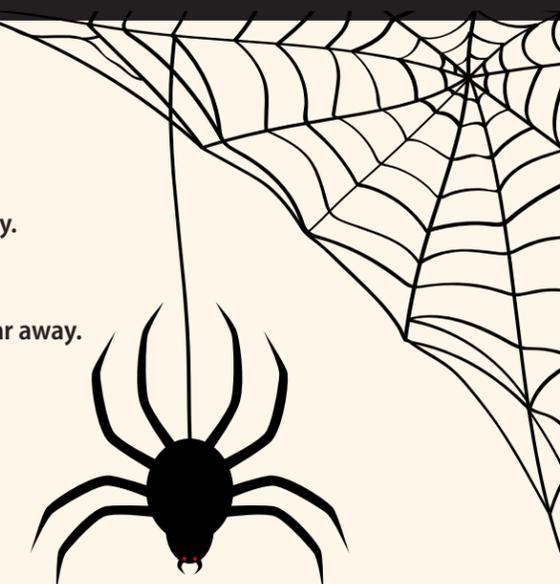
Safe and Spooky Halloween Ideas

from the Oregon Health Authority

Since trick or treating is not recommended this Halloween, parents will be looking for safe, but still spooky, ways to create a fun and memorable holiday. Children may be disappointed, but there are lots of fun possibilities. Consider involving your children in the planning to add to their enthusiasm for the holiday.

Here are some ideas of ways to celebrate safely:

-  Host an online costume contest with friends and family both near and far away.
-  Watch a scary Halloween movie online.
-  Carve pumpkins with members of your household.
-  Have a neighborhood jack-o'-lantern contest.
-  Tour neighborhood yard and home displays with household members.
-  Decorate your house, apartment or living space.
-  Make your own Halloween candy or caramel apples.
-  Have a Halloween scavenger hunt in or around your home.



Remember that the safest activities are celebrating with members of your own household. If you gather with people outside your own household, you can decrease the risk by being outside, maintaining at least six feet of distance, and wearing a mask.

Consider the risk of the activities you choose this Halloween

Low Risk

- Online parties/contests
- Online Halloween movie watch parties
- Decorating your house, apartment or living space
- Touring local Halloween yard and home displays with household members
- Carving or decorating pumpkins with members of your household

Moderate Risk

- Visiting pumpkin patches or orchards where people are maintaining physical distancing and wearing face coverings
- Having an outdoor Halloween movie night with face coverings and physical distancing
- Going to an open-air, one-way, walk-through haunted forest where face coverings and physical distancing are in place

High Risk

Right now it's best to avoid these.

- Indoor and outdoor Halloween gatherings, events or parties with non-household members
- Carnivals, festivals, live entertainment and haunted houses
- Trick or treating or "trunk" or treating
- Indoor haunted houses
- Hayrides or tractor rides with people who are not in your household

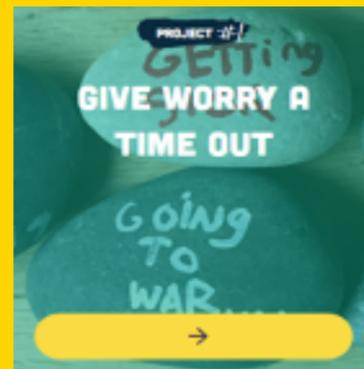
A Halloween mask won't protect you and others from COVID-19. Wear a face covering that covers your nose and mouth and fits snugly on your cheeks.



For more information visit healthoregon.org/coronavirus or call 211



Outstanding Creative Online Resource for Young People



Create More, Fear Less - a nonprofit inspiring young people to work with anxiety in a new way – as a source of imagination, empathy, wisdom and healing. Learn more at www.createmorefearless.org

Create More, Fear Less designs creative experiences that connect young people with their deepest creativity, wisdom and courage so they can more confidently navigate the twists and turns of this world.