

Take Care of Yourself and Your Family.

Anxiety can make it hard to think clearly or make smart decisions when we are facing difficult times. Try to do at least one thing each day to take care of yourself, so you can be at your best for your family.

- **Create a gratitude journal.** Each day, write down three things that you are grateful for or three things that you like about yourself or your life. If you want to share, text a picture of your journal to your family. Ask them to journal and text, too.
- **Pause for a mindful moment.** Being mindful is noticing what is happening right now. Let your body feel, smell, taste and see everything around you without noticing what your mind is doing. Take five very deep, very slow breaths and notice your senses.
- **Turn off and look outside.** Turn off phones, TVs and computers, and take a look out your window (or get some fresh air). Take a few deep breaths. Notice very big things in the world, like the sky or tall trees - then notice very small things, like tiny leaves and petals on flowers or shadows along a wall.

COVID-19 Parent Resource List

What is COVID-19 Explanation Graphic

theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf

Talking to Children About COVID-19: A Parent Resource

[www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](http://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

- Available in other languages at link

Hand Washing and Hand Sanitizing Fact Sheet (includes visuals for children with disabilities)

www.cdc.gov/handwashing/pdf/hand-sanitizer-factsheet.pdf

Infants/Baby Needs

Infant Crisis Services

4224 N Lincoln Blvd
Oklahoma City, OK 73105
405.528.3663
www.infantcrisis.org

OKC Crisis Nursery

2728 NW 14th St.
Oklahoma City, OK 73107
405.979.0706
www.crisisnurseryokc.com

Regional Food Bank

3355 S Perdue St.
Oklahoma City, OK 73137
405.972.1111
www.regionalfoodbank.org



www.OUMedicine.com/COVID/Children