

Your Butte County Child Abuse  
Prevention Council, Working with  
You in Our Community  
Building Stronger  
Families

*A safe and healthy  
childhood lasts a lifetime*



April is Child Abuse Prevention Month

## **For Families: When we Shelter in Place**

### **1. Talk about the virus in a way your child(ren) will understand.**

- Answering Your Young Child's Questions about Coronavirus by Zero to Three  
<https://www.zerotothree.org/resources/3265-answering-your-young-child-s-questions-about-coronavirus>
- Printable book to help kids understand coronavirus  
<https://www.mindheart.co/descargables>
- How to Talk to Your Kids About Coronavirus, from PBS (English/Spanish)  
<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>
- A Kids Book About COVID-19 (ages 6+)  
<https://akidsbookabout.com/products/a-kids-book-about-covid-19>
- Color Book: Learn about the Coronavirus  
[https://together.stjude.org/content/dam/together/en-us/other/covid-19/CoronavirusForKids\\_Together.pdf](https://together.stjude.org/content/dam/together/en-us/other/covid-19/CoronavirusForKids_Together.pdf)

### **2. Remind yourself and your child(ren) about washing their hands**

- Staying Healthy Videos by Sesame Street  
<https://sesamestreetincommunities.org/topics/health/>
- Llama Llama Coronavirus PSA  
[https://youtu.be/T4R\\_OzCzbMM](https://youtu.be/T4R_OzCzbMM)
- Rainbow Rangers Wash Your Hands  
<https://youtu.be/knVJr4pO4y8>



### **3. Unplug from the ongoing reports of the virus.**

Children that are stressed, and don't know how to express their feelings can act out and can have difficulty concentrating and listening. (It happens to grown-ups too.)



#### 4. Set up routine, so there's structure and predictability in an unpredictable world.

- How to Prepare for Extended School Closings – and Not Lose Your Mind by Upworthy  
<https://www.upworthy.com/tips-for-parents-coronavirus>
- Schools Closed? How to Make a New Home Route by PBS:  
<https://www.pbs.org/parents/thrive/schools-closed-how-to-make-a-new-home-routine>

#### 5. Get them logged in to learning.

The California Emerging Technology Fund has provided access to affordable offers for internet service, as well as a number to call 1.844.841.4636 to assist parents:

[http://www.internetforall.org/get\\_affordable\\_internet\\_today](http://www.internetforall.org/get_affordable_internet_today)



#### 6. Be aware of online safety planning.

- Set a good example on technology use and find out about parental controls built in to the computers, gaming systems, phones and tablets in your home. You can use these to limit screen time, block inappropriate materials, and/or recognize concerns to keep our kids safe online. [www.onguardonline.gov](http://www.onguardonline.gov)

#### 7. Schedule school time.

- Whether online or a work packet, schedule school time and break it up with "recess".
- Free (as well as paid) K-12 classes and resources available at [www.varsitytutors.com](http://www.varsitytutors.com)

#### 8. Include your child(ren) in daily activities such as folding laundry or washing dishes, cooking, etc.

- Kitchen Activities by Noodle Soup:  
[www.Noodlesoup.com/images/kitchen-activities.pdg](http://www.Noodlesoup.com/images/kitchen-activities.pdg)



#### 9. Let your children take turns leading.

During free time let them take the lead: Can they choose a game? A show? Show them you value their ideas. Child Development Programs and Services (CDPS) offers Activities for Home:

<https://sites.google.com/bcoe.org/cdpschildren/activities-for-home>

#### 10. Come up with fun educational activities.

- Write an original story, draw the pictures and read it aloud
- Here's the Entire List of Education Companies Offering Free Subscriptions Due to School Closings  
<https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>

- 63 Easy Science Experiments for Kids Using Household Stuff:  
<https://mommypoppins.com/kids/50-easy-science-experiments-for-kids-fun-educational-activities-using-household-stuff>
- Fun and Easy Science Experiments, and other free downloads  
[https://www.positivepromotions.com/free-resources-for-parentscaregivers-and-students/a/955r/?&cohcid=&sid=EM249&utm\\_source=bronto&utm\\_medium=email&utm\\_content=EM2490324&utm\\_campaign=education&bta\\_tid=03902816295476409398076938429374179770774167409559483228063257057710885593538769559375101886022725380615](https://www.positivepromotions.com/free-resources-for-parentscaregivers-and-students/a/955r/?&cohcid=&sid=EM249&utm_source=bronto&utm_medium=email&utm_content=EM2490324&utm_campaign=education&bta_tid=03902816295476409398076938429374179770774167409559483228063257057710885593538769559375101886022725380615)
- National Park activities you can do from the comfort of your home:  
<https://www.nationalparks.org/connect/blog/park-activities-you-can-do-comfort-your-home>
- Scholastic offers day-by-day projects for kids by age, from preschool to 9<sup>th</sup> grade.  
<https://classroommagazines.scholastic.com/support/learnathome.html>
- The Typing Club offers free activities for children ages 7 and up to improve their typing ability.  
<https://www.typingclub.com/>



## 11. Step outside – in your yard, on your patio or with appropriate social distancing

- Outdoor scavenger hunt or “I spy”
- Color with sidewalk chalk.  
[www.thebestideasforkids.com/sidewalk-chalk-ideas/](http://www.thebestideasforkids.com/sidewalk-chalk-ideas/)
- Get the recipe for puffy sidewalk paint, homemade finger-paint, unicorn slime, playdoh, dish soap slime and clay  
<https://www.midgetmomma.com/sidewalk-paint/>
- Paint with water
- Do some shadow tracing  
<https://www.youtube.com/watch?v=FyyJDXq-7uU>
- Parent-Child Play Ideas  
<https://www.zerotothree.org/resources/3264-at-home-activity-guide>



## 12. Help your child(ren) create their own space, where they can go and tune-out – even if it's in a shared room.

- a) Designate a space and, if they want, let them build a tent or fort.
- b) Fill with soft blankets, a pillow, stuffed animals.
- c) Set boundaries on who can access the space and when.
- d) Let the child pick out a few favorite things to keep there. Maybe a toy, books, a basket of manipulatives for sorting, counting or building.

**13. Find the same space for yourself and model how you can reset yourself with meditation, mindfulness, yoga, etc.**

- Free Self-Care Resources  
<https://www.myintent.org/pages/free>
- Oprah & Deepack offer a free 21-Day Meditation Experience  
[www.chopracentermeditation.com](http://www.chopracentermeditation.com)



**14. Teach relaxation techniques to your child(ren). Have them join you in yoga or breathing exercises.**

- How You and Your Kids Can De-Stress During Coronavirus by Sesame Street  
<https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>
- 7 Music Games for Practicing Self-Regulation by PBS:  
<https://www.pbs.org/parents/thrive/7-music-games-for-practicing-self-regulation>
- A Daily Ray of Hope email offered by the Sierra Club. Subscribers get a beautiful picture and words of wisdom in their email every morning:  
[https://www.sierraclub.org/sierra-club-email/daily-ray-of-hope?utm\\_source=insider&utm\\_medium=email&utm\\_campaign=newsletter](https://www.sierraclub.org/sierra-club-email/daily-ray-of-hope?utm_source=insider&utm_medium=email&utm_campaign=newsletter)
- Meditation Apps for Kids  
<https://www.common sense media.org/lists/meditation-apps-for-kids>

**15. Come up with creative artistic activities**

- Learn to draw, paint, sew, etc.
- 12 YouTube Channels with Free Art Lessons  
<https://homeschoolhideout.com/art-lessons-on-youtube/>
- Free Online Craft Classes from Blueprint!  
<https://www.midgetmomma.com/free-online-craft-classes-from-blueprint/>



**16. Encourage social connections at a distance.**

- Invite your child(ren) to Facetime or call a relative. It may help to have some conversation-starters, or questions ready ahead of time.
- Five Tips to Make the Most of Video Chats  
<https://www.zerotothree.org/resources/2535-five-tips-to-make-the-most-of-video-chats>
- Joifest offering daily activities – “physically distancing, socially connecting:  
[www.joifest.com](http://www.joifest.com) or facebook.com/groups/virtuallytogether/

**17. Look for opportunities your family can be of service.**

- Wellness checks
- Encouraging messages on social media



- Set up a “Bear Hunt” in your neighborhood  
<https://time.com/5809613/bear-hunts-coronavirus/>
- Invite your child(ren) to generate a hand-made card to send to someone they select.

## 18. Practice ways to deal with conflict in healthy ways.

- Incorporate mindfulness into your regular routine.
- The Institute of Child Psychology offers a free guide: Cultivating Resiliency in Children  
<https://instituteofchildpsychology.com/product/cultivating-resiliency-in-children-free-resource/>
- Ideas from Better Health:
  1. Try to cool off first if you feel too angry to talk calmly.
  2. Work out if the issue is worth fighting over.
  3. Try to separate the problem from the person.
  4. Keep in mind that the idea is to resolve the conflict, not to win the argument.

## 19. Maintain a healthy diet.

- Grab-and-go meals are available at 26 school sites throughout Butte County for anyone 18 or under regardless of what school they attend. No paper-work required. Contact your district for a location near you and pick up times.
- The California Department of Education has a mobile app for locating school sites that have After School and Summer Meal Programs as well as Emergency Meal Site <https://www.cde.ca.gov/re/mo/comeals.asp>.
- The Boys & Girls Club is currently offering curbside pickup of supper for children up to 18 years at the Chico Ostrander Clubhouse and the Paradise Teen Center. Subject to change, so watch them on Facebook: Boys & Girls Club of the North Valley or contact Joe with any questions: [jhejl@bgcnv.org](mailto:jhejl@bgcnv.org)



## 20. Create a Time Capsule.

What's relevant in your life today? How do you think it will be different later? What message of encouragement do you want to leave for yourself to read in 5 years? 10 years? Or future generations? Draw a picture of your family. Take and print some pictures of today, what we wear, things we use, etc. Print some news headlines. Put in some trinkets that are relevant today. Put your time capsule away to be discovered at some future date.



## 21. Count your blessings

- Write down the good things that have happened since you've sheltered-at-home.
- Can't think of any? Start by writing bad things that could have happened if you didn't shelter-at-home.
- Remind your child(ren) how much you love being with them.

## 22. Look at photos

- Reminisce about fun times, and plan some new ones
- Note how much each child has grown, developed, learned, accomplished and added to your family.
- Talk about your family heritage and ancestors
- Create your family tree
- Search your family tree [www.familysearch.org](http://www.familysearch.org) is free



## 23. Listen and recognize that your child(ren)'s feelings are real.

Listen and don't be dismissive. Acknowledge what they say and offer encouragement. <https://www.positiveparenting.com/childrens-feelings/>

## 24. Do some creative social networking

- Have a costume competition. Share pictures on FB and vote as a group on different categories.
- Hold a talent show, record it or perform live Skype or FaceTime, recite a poem, sing a song, tell a joke, do a magic trick.
- Tell or write a progressive story. You can do this in-house or with friends on-line.
- Encourage your child(ren) to create an original play to act out or create puppets and have a puppet show. Record it or share it live.



## 25. Do a virtual visit:

- Online there are more than 2,500 museums, national parks, zoos/aquariums, the Great Wall of China, for a 3D replica of the Martian surface or Hawaii's landmarks. Links available:  
<https://www.usatoday.com/story/tech/2020/03/16/social-distancing-free-virtual-tours/5060244002>
- Museums  
<https://artsandculture.google.com/partner?hl=en>
- Five national parks  
[https://www.sierraclub.org/sierra/stuck-home-visit-these-5-national-parks-online?utm\\_source=insider&utm\\_medium=email&utm\\_campaign=newsletter](https://www.sierraclub.org/sierra/stuck-home-visit-these-5-national-parks-online?utm_source=insider&utm_medium=email&utm_campaign=newsletter)

## 26. Establish time for quiet play

- Read together
- Look at animals 3-D on your iPhone or Android: Enter the name of the animal in a Google-search. Scroll down and click on "View in 3D".
- Color
- Put together a puzzle
- Pretend play (house, tea party)



- Journal and/or scrapbook
- Write an original story, color the pictures, and read it aloud

## 27. Make old things new again

- Start a toy rotation  
<https://www.zerotothree.org/resources/3264-at-home-activity-guide>
- Recycling and Rubbish Education (RARE) hosted by the Butte Environmental Council offers free activity guides, crafts, upcycling projects, and more that you can do from the comfort of your house.  
[www.Becnet.org/RARE](http://www.Becnet.org/RARE)



## 28. Find new ways to play indoors

- Have a dance party
- Build a fort or create an obstacle course
- Movement apps for Kids  
<https://www.common sense media.org/lists/movement-apps-games-and-websites>
- PBS Kids App:  
[https://pbskids.org/?fbclid=IwAR3AYgRD813VGsRMgB32QHMI0wyeu3UPT\\_oPLtOZd4GFaGzpMC9XPkmE2N8](https://pbskids.org/?fbclid=IwAR3AYgRD813VGsRMgB32QHMI0wyeu3UPT_oPLtOZd4GFaGzpMC9XPkmE2N8)
- Get daily activities and tips to help kids play and learn at home. Sign up:  
<https://www.pbs.org/parents/pbskidsdaily>
- For preschoolers: One family activity and one kid's video online every single day  
[www.unionsquareplay.com](http://www.unionsquareplay.com)
- Join Joe Wicks, The Body Coach for kids' workout classes every weekday at 9am  
<https://www.youtube.com/user/thebodycoach1/featured>
- 275 Enrichment Activities for Children While Parents are Working Remotely  
<https://docs.google.com/spreadsheets/d/1KCFnWreu4v7VoO3NbgP-Qcq2LyE1FvliYSoiTLRY7Qg/htmlview?usp=sharing#>

## 29. Cut yourself some slack

- Yeah, we're social distancing, but if you feel like you're going to "lose it", reach out for help from your spouse, friend, or neighbor while you re-group.
- Depression is common during times like these, talk to your doctor if you need some help.
- Parenting is not easy under any circumstance, and right now things are particularly difficult. Call the parent-helpline at 1.800.CHILDREN if you need someone to talk to.



These amazing resources are from the following:

[www.ZeroThree.org](http://www.ZeroThree.org)

[www.Commonsensemedia.org](http://www.Commonsensemedia.org)

[www.Positiveexperience.org](http://www.Positiveexperience.org)

[www.Noodlesoup.com/images/kitchen-activities.pdg](http://www.Noodlesoup.com/images/kitchen-activities.pdg)

[www.Sierraclub.org](http://www.Sierraclub.org)

[www.PBSKids.org](http://www.PBSKids.org)

[www.kidsactivities.com](http://www.kidsactivities.com)

[www.usatoday.com](http://www.usatoday.com)

[www.momypoppins.com](http://www.momypoppins.com)

[www.onguardonline.gov](http://www.onguardonline.gov)

[www.positiveparenting.com](http://www.positiveparenting.com)

[www.homeschoolhideout.com](http://www.homeschoolhideout.com)

[www.cde.ca.gov](http://www.cde.ca.gov)

[www.myintent.org](http://www.myintent.org)

[www.thebestideasforkids.com](http://www.thebestideasforkids.com)

[www.positivepromotions.com](http://www.positivepromotions.com)

[www.nationalparks.org](http://www.nationalparks.org)

[www.midgetmomma.com](http://www.midgetmomma.com)

[www.joifest.com](http://www.joifest.com)

[www.upworthy.com](http://www.upworthy.com)

[www.pbs.org](http://www.pbs.org)

[www.internetforall.org](http://www.internetforall.org)

[www.commonsensemedia.org](http://www.commonsensemedia.org)

<https://www.end-violence.org>

California Council on Developmental Disabilities  
and more!