

HERE'S the SCOOP

Northpointe Council Inc. Volume 1



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

Young Baker's Corner

Peanut Butter Protein Bites

Ingredients:

- ¾ cup oats
- 1/3 cup peanut butter (or any substitute butter)
- 2 Tbsp honey
- ½ cup chocolate chips
- ¼ cup crushed peanuts (not required)



Directions:

1. Add peanut butter and honey to a bowl and stir.
2. Add the rest of the ingredients and stir.
3. Place in refrigerator for 20 minutes.
4. Roll into 1 inch balls.
5. Enjoy!



A message from Northpointe

We are thinking of all of our students. Please stay healthy and safe and remember to stop & think!

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Positive Coping Skill: Deep Breathing



S.T.A.R.

Smile, Take a deep breath And Relax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.



Balloon

Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a "pbbppbpb" sound.

How to talk to your kids about COVID-19



Check in with yourself

- Remember our children are looking towards us for reassurance and cues on how to react and respond. So check in with your own feelings first.
- Feeling anxious? Take some time to calm down before talking to your child.

Check in with your child

- Invite your child to tell you what they know and let them express their feelings.
- Give them space to ask their questions.
- Consider your child's age and emotions to ensure your child understands.
- Ask open questions and follow your child's lead. If they do not seem interested, don't push.



Stick to the facts

- Help your child feel informed and get information based on facts
- Do your best to answer your child's questions honestly and clearly
- it is ok if you can't answer everything. Being available to your child is what matters

Focus on what you do to stay safe and healthy

Talk about the things happening to keep people safe and healthy

- closing the schools
- well prepared hospitals and doctors
- scientist who are working on a vaccine

Give your child insight in what they can do

- Washing hands for 20 seconds with soap and water (or the length of two "happy birthday" songs)
- coughing and sneezing in the crook of their elbow



Boost positive coping

Stick to routine

- Structured days with regular mealtimes and bedtimes are an essential part of keeping kids (and adults!) happy and healthy.
- When school is closed, this becomes extra important
- use a clear "start of the day" and "end of the day" routine when learning online.

Practice positive strategies to improve your mood and overall well-being.

- sing
- playing a game with the family,
- dance and exercise,
- use positive self-talk,
- reading, drawing and Netflix/movies.
- yoga, mindfulness,
- cooking/baking & talking to a friend or family member
- other activities that are fun or give you joy and make you feel good.

Consider your media consumption

Be mindful of how much media you are checking and minimize how often you are reading stories.

Try to keep a healthy balance (both online and offline) in your daily routines and lifestyle.

When online, consider the source and fact-check to prevent fake news, and think before you share. Help your children and teenagers manage this as well.



Keep talking!

Tell your child that you will continue to keep them updated as you learn more.

If you notice your child is still worried or anxious, be assured that this is a normal reaction, and continue conversations and providing care for your child.

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Things YOU can do for YOUR Emotional Health



Practice a breathing technique. 1	Make a list of the feelings you can think of. 2	Play emotion charades. Can your family guess your feeling? 3	Write a letter to someone to let them know you appreciate them. 4	Do your chores without being asked. 5	Make a poster about KINDNESS for your classroom. 6
Make a list of 10 ways to show respect at school. 7	Explain to an adult what empathy means. 8	Go outside and count how many things that are red. 9	Make a list of 30 things you are grateful for. 10	Practice hot cocoa breathing. Smell the cocoa and cool it off! 11	Clean up without being asked. 12
Make a list of 25 things you love. 13	Write what it means to be a good friend. 14	Make a list of all the ways you showed kindness this week. 15	Write about your hero. 16	Talk to an adult about your favorite place. 17	Write a note to someone you miss. 18
Practice sitting still for one minute. What sounds did you hear? 19	Name 3 ways you can calm down if you are feeling stressed. 20	Make a card for someone you love. 21	Draw a picture of your future self. What is your career? 22	Make a list of things that are important to you. 23	Read a book. What feelings did you notice as you read? 24
Ask an adult about a career they are interested in. 25	Try to name 10 different colleges. 26	Name 3 things you love doing and 1 thing you want to try. 27	Name 3 things you can do to be helpful in your community. 28	Play a game with someone. 29	Name 5 things you love about yourself. 30

RESOURCES

Niagara County

Important Links

NYS Office of Mental Health

•<https://omh.ny.gov/omhweb/guidance/>

The Hub/Erie County, NY Department of Health

•<http://www2.erie.gov/health/index.php?q=hub>

211 (search to find local services)

•<http://www.211wny.org/>

Niagara County Department of Health

•<https://www.niagaracounty.com/health/Resources>

Erie County Department of Health

•<http://www2.erie.gov/health/index.php?q=coronavirus>

Center for Disease Control

•<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Home School Sites

ABC mouse

•www.ABCmouse.com

Epic

•Reading APP for kids

Adventure Academy

•www.adventureacademy.com

Quick Math Junior

•Math App for kids

Education.com

•www.education.com

Swift Playgrounds

•Learning App for kids

Northpointe Council's mission is to provide high-quality, person-centered prevention, intervention, treatment, and recovery to those affected by substance use disorders and other addictions from the Greater Niagara Area.

P: 716.282.1228



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Little Free Pantries!

NORTHERN 716	
 OLCOTT: Imagine That 5957 E Main St. 14126	 LOCKPORT: iMagine Comm Garden Elmwood & Washburn 14094 white box near corner
 LOCKPORT: Emmanuel United Methodist 75 East Ave. 14094 Red box in back lot	 NIAGARA FALLS: Highland Helping House 2809 Highland Ave. 14305 Front yard next to gate
 NORTH TONAWANDA: Nash Rd Church 958 Nash Rd 14120 The Little Free Pantry: North Tonawanda on FB	 NORTH TONAWANDA: Greater Nia Fed Credit Union 110 Ward Rd 14120 The Little Free Pantry: North Tonawanda on FB
 NORTH TONAWANDA: OLC Church 57 Center St 14120 The Little Free Pantry: North Tonawanda on FB	 NORTH TONAWANDA: iHope Comm Church 316 Thompson 14120 The Little Free Pantry: North Tonawanda on FB
 NORTH TONAWANDA: NT Senior Center 110 Goundry St. 14120 The Little Free Pantry: North Tonawanda on FB	 NORTH TONAWANDA: iMagine Comm Gardens 225 Sommer St 14120 The Little Free Pantry: North Tonawanda on FB
 NORTH TONAWANDA: Nia Reg Fed Credit Union 1285 Erie Ave. 14120 The Little Free Pantry: North Tonawanda on FB	 NORTH TONAWANDA: Degraff Mem Hospital 445 Tremont St. 14120 The Little Free Pantry: North Tonawanda on FB
 NORTH TONAWANDA: Matt's Music 937 Oliver St. 14120 The Little Free Pantry: North Tonawanda on FB	 NORTH TONAWANDA: Hope Center 383 Vandervoort 14120 The Little Free Pantry: North Tonawanda on FB
 TONAWANDA: Decades 2855 Sheridan Dr 14150 Decades Little Free Food Pantry on FB	 ***TEMPORARY TONAWANDA: 17 Longfellow Ct. 14150 Little Free Library convert
 ***TEMPORARY KENTON (BUFFALO): 29 Harrison Ave. 14223 Little Free Library convert	 ***TEMPORARY GRAND ISLAND: 1372 Staley Rd 14072
 BUFFALO(NORTH): Park Lutheran Church 2 Wallace Ave. 14214 On Dewep Ave side of bldg.	 ***TEMPORARY KENTON (BUFFALO): Kenton's LF Library 152 Irving Terr 14223 Kenton's Little Free Library- 14223's first LFL on FB