
COVID-19 TIP SHEET

Lots of links, resources, and infographics have been shared in response to COVID-19 to help families cope. The AIMS T1D Team got together to select its top picks for you!



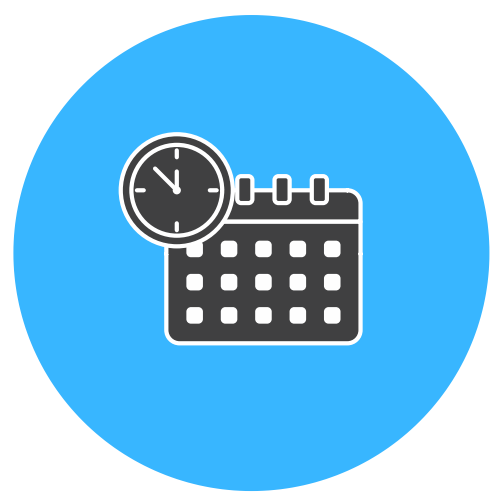
BE KIND TO SELF

We cannot pour from an empty cup

- Kindness begins with kindness toward oneself.
- Be forgiving of what you feel and have felt. There are no “should/shouldn’t feel” here. Anxious, angry, stressed, numb? These are reminders of our [humanness](#).

Being a parent is the toughest job in the world...it's even harder in a pandemic!

- Things will probably feel and be messy, but know that you are not alone. [Getting support](#) will not only aid in your well-being, but also your teen's.



"NORMAL" ROUTINE

Set up a ["normal" routine](#) with your teen

- Make it similar to a school or day camp schedule with special attention to [maintaining a healthy T1D routine at home](#) (see "T1D Care Tips").
- Plan specific study, play, meal time, chores, and activity periods
- Play around with using visual timers or cues that help frame when an activity begins and ends
 - *Expert Tip: Designate a "teen workspace", a physical space that is distinct from spaces like the bedroom that are associated with other daily activities*

Use simple and honest language

- Just as you're experiencing a range of normal experiences in response to recent changes, your teen is too. Using [brief explanations with simple, honest language](#) will help your teen feel heard.
- *Expert Tip: If your teen is occupied by their worries for a majority of the day, set a specific time of day on their schedule when you and your teen can discuss it.*



TEEN SUPPORT

Practice what you preach!

- Parents often ask us how to help teens control their emotions and behaviors
- One of the best ways is to loop your teen into your practice of taking a break.
 - *Expert Tip: [Place a snow globe/glitter jar](#) in an accessible location. When you notice yourself feeling clouded, shake up the jar and state that your mind feels clouded and that you need a few moments to step away.*

Notice the positive

- Given the increase in time that you and your teen will be sharing, it is easy to forget to “catch your teen being good”
- Remember to provide positive verbal praise for the behaviors you want to see more of (e.g., "Good job checking your blood glucose before/after your meal")

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Take a break - Simple, but not easy

- Irritatingly simple advice to "breathe through it" or "be mindful" is common to hear these days. If this works for you, great; if not, it's okay.
 - There are many different "take a break" tools that may suit you better, and this an opportunity to explore what is most effective for you
 - You know yourself best and what re-fuels you
- Taking a break can look as simple as using a "minute to arrive", meaning that when you transition from one activity to the next:
 - Set a cue (e.g., closing your eyes to take 3 deep breaths; lighting a candle; jumping jacks; taking a sip or several sips of coffee)
 - Set your intention or goal for your next activity (e.g., be present)



TAKE A BREAK

Know that each moment is yet another chance to begin again

- If you are curious about exploring FREE offerings to practice training your attention, ability to begin again, and "take a break" skills, see:
 - [Coronavirus Sanity Guide - Ten Percent Happier](#)
 - [Free Online Meditation Resources for Times of Social Distancing / COVID-19](#)
 - [Navigating these Times with Mindfulness & Compassion - COVID-19 Response](#)
- *Expert Tip: Taking a break doesn't always need to look "zen" and "calm". You may need a vigorous boost to your afternoon slump, and that break could be splashing water on your face to get re-energized.*



SHARED HUMANITY

It is rare when we are all united as humans across the globe

- Know that you are not alone. Stay connected - with us, [your medical team](#), family, friends, local and [global community](#).
- Experts in education, technology, and health are curating free content for you and your family. [Explore what resources](#) may fit your family's needs.

Additional Resources

- [Coronavirus and Type 1 Diabetes: What You Need to Know](#)
- [National Alliance on Mental Illness \(NAMI\) COVID-19 Resource and Information Guide](#)
- [JDRF Blog - Free Ways to Keep Your Kids Engaged and Active During "Coronatine"](#)
- [A Guide for Working_\(from Home\) Parents](#)
- [Wide Open School - Free Online Support for Remote Learning](#)