

# Prevention/Intervention News



Paulding County School District

March, 2020

## RESOURCES

- For Parents/Guardians
- Food Distribution
- Free/Low Cost Internet
- Prevention/Intervention Office

### For Parents/Guardians

Talking to Children about COVID-19

Coping with Stress during Infectious Disease Outbreaks

CDC: Managing Stress & Anxiety During the COVID-19 Outbreak

PCSD COVID-19 Updates

### Food Distribution

PCSD Lunch to Go  
Sweetwater Mission  
Emergency Food Resources

### Free/Low Cost Internet

Comcast Free Internet  
Free/Low Cost Internet Providers

### Prevention/Intervention Office

Webpage  
mwade@paulding.k12.ga.us  
(770) 443-8003 Ext. 10265

## Anxiety in Children and Teens

Everyone experiences anxiety. Anxiety can protect us from harm or help us perform better. It's not anxiety itself that is concerning, it's when normal worry turns into an anxiety disorder that it becomes a problem.

During this time of uncertainty, it is normal for a child or teen to be worried about the future. There are things parents can do to help ease their student's fears:

- Make a new routine. Routines are comforting for children. Stick to a bedtime and wake up time each day. This will also make it easier for students to transition back to school when it reopens.
- Go outside. A short walk, a bike ride, even sitting on the porch can improve the mental health of everyone in the family.
- Help your student stay current with their school assignments. Paulding County parents can access assignments and grades with a Canvas Parent account. To set up a Canvas Parent account, go to: <https://paulding.instructure.com/login/ldap>
- Avoid watching the news while a child is present and limit discussions of COVID-19 in older students. Set a time limit for discussing the virus (for example, 30 minutes a day) and then agree to focus on things the student *can* control.
- Involve students in household chores, making meals, and other routine activities that they may not usually do because of time constraints.
- Do things together like play games, watch movies, color, draw, or read books.
- Make a gratitude list. Write down three things to be grateful for each day.

Here are some signs that a student might be struggling with anxiety:

- Unable to sleep.
- Stomach aches or headaches.
- Crying (either unconsolably or for long periods of time).
- Changes in appetite.
- Irritable or angry outbursts.

Parents who are concerned about their student's anxiety should contact their doctor or call the **Georgia Crisis and Access Line at 1-800-715-4225** for mental health advice.

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## Tips for Families



Youth who are used to going to school, participating in extracurricular activities and spending time with friends may have a hard time adjusting to these weeks in social isolation. Children and adolescents who are normally busy must find ways to keep active while at home. Here are a few tips to help families during this time:

- Have a separate area for each family member in the home. This could be bedrooms, other rooms in the house or different corners of the same room. Being able to separate from each other is helpful and necessary during these days.
- If your children have outgrown naps, institute a “quiet time” for an hour each day. Turn off electronics, televisions, and phones. This is a great time to read, color, draw or do homework.
- Go outside. Ride a bike, do yard work, jump rope, anything that can be done without friends is a good activity. If it’s raining, sit on the porch or take an umbrella and go for a walk. Getting fresh air is good for the mental health of everyone in the family.
- Get support from other parents. Join Facebook groups, Instagram pages or follow websites that offer parenting suggestions. Here are a couple that might be helpful: [How to Master Working from Home – While Under Quarantine, With Kids](#) and [Coping During COVID-19 Resources for Parents](#)

Remember that social distancing and quarantines aren’t meant to last forever so, hopefully, everyone’s lives will be back to normal soon!

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## Easy Cake Mix Bars



### INGREDIENTS:

- 1 Yellow Cake Mix (Regular Size)
- 1 Large Egg
- 1/2 Cup 2% Milk
- 1/3 Cup Canola Oil
- 1 Cup White Baking Chips
- 1/3 Cup Sprinkles

Preheat oven to 350 degrees

In a large bowl, combine cake mix, egg, milk & oil (batter will be thick). Stir in baking chips and sprinkles. Spread into a greased 15X10X1 baking pan.

Bake 18-20 minutes or until a toothpick inserted comes out clean. Cool completely in pan. Cut into squares.

Recipe from: <https://www.tasteofhome.com/recipes/easy-cake-mix-bars/>