



C.A.R.E.S. Clinic

AT EL PASO CHILDREN'S HOSPITAL

Child Abuse Protection Team

TIPS FOR STAYING CONNECTED

Maintaining our health and well-being

Social distancing might be a little confusing to our children. It is important to keep them informed as to why they can't return to school but ensure them that there are other ways to stay connected with their family and friends.

CONNECT WITH FAMILY

- Call/Facetime/WhatsApp/Zoom with family members.
- Look at photo albums and discuss family traditions: share fun stories of each family member.
- Create a family tree.
- Write letters and/or create cards for relatives letting them know you're thinking of them.

CONNECT WITH FRIENDS & NEIGHBORS

- Go outside and greet and talk to neighbors and people taking walks around your neighborhood from a safe distance.
- Host virtual dance party. Dancing is a fun way to get in some exercise too.
- Play online games together.

CONNECT WITH YOUR FAMILY CULTURE

- Read books about your culture.
- Cook a meal together that reflects your cultural heritage.
- Virtually visit different places around the world and learn about other cultures.

CONNECT WITH YOURSELF

- Exercise.
- Journal or read a good book.
- Take a bath.
- Meditate or do yoga.
- Go for a walk alone to get some quiet time.

**FOR MORE INFORMATION
OR ADDITIONAL RESOURCES,
PLEASE CONTACT THE C.A.R.E.S. CLINIC**

915-242-8560