

WELCOME EVERYONE TO *WEEK 2* OF THE CREATIVE SUBSTITUTE FOR “BUILDING CIRCLES OF SUPPORT!”

Hello Everyone!

Welcome to week 2 of Building Circles of Support. We continue to live in uncharted territory and for many of us this feels like a lack of structure and routine- two of the most important strategies for our children/youth with FASD! By now many of you may be enjoying your time with your children at home or have gotten yourselves into a routine that works for you. Others of you may be going “Stir Crazy”, as one mom I was talking to put it. This week we would like to give you some resources of Podcasts, online resources, and other fun activities that you can try with your kids at home. The weather is finally getting nicer outside, so this can give your kids an outlet for some much needed big muscle activity.

- 1. First, [Jeff Noble](#) has done a good job of putting together a podcast on being a caregiver of a child with FASD during this unprecedented period. Consider taking the next 30 minutes to watch this video as a form of self-care. He has taken his content from some reputable sources which are mentioned below (just in case you need more information to look at!!!)**



*(Sources: <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>,
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>, <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>)*

***Jeff Noble also recorded a podcast this week with an individual named Darlene, who is both a parent and an educator to children who are both neurotypical and who are living with FASD. She gives some tips to parents on encouraging learning in this new “homeschooling” environment. Click [here](#) for the link.*



2. [Go Noodle](#) has a wide selection of child-friendly videos on movement and mindfulness to help stay active and cope with the challenges of being out of routine and the anxiety that can come along with it.
3. [Easterseals](#) also has some great resources on their website including another [interactive social story to help kids understand COVID-19](#) (different than the one we sent last week), as well as a [School Closure Toolkit](#) that has a variety of visual ideas for sensory, movement, and academic strategies, in addition to daily schedules that are available to be printed and then cut & pasted in a format that works for your family. Creating visual schedules like these are a great way of developing a routine that your child can understand and follow!
4. Lastly, [Big Life Journal](#) has a [Free Stay-At-Home Printable Care Package](#) with lots of ideas for indoor activities to keep the kids active indoors!



I'M BORED...



Things I Can Do By Myself

- Read or listen to a book
- Journal
- Make a fort
- Listen to a podcast
- Create an "All About Me" board
- Color
- Write a letter or draw a picture to mail to someone
- Draw or paint pictures and host an art show
- Make bead or foil jewelry
- Make clay sculptures
- Create leaf rubbing art
- Learn a magic trick
- Create a spaceship out of a cardboard box
- Create paper dolls and houses for them
- Put together a puzzle
- Create a city with blocks
- Create an imaginary creature and write its story
- Paint
- Write and illustrate a book
- Do a photoshoot for my stuffed animals
- Act out commercials
- Play with toys and figurines
- Make clothes for my dolls and toys out of scrap fabric
- Play Cat's Cradle
- Write a letter to my penpal
- Go on an alphabet scavenger hunt
- Create shadow art
- Make my own magazine
- Make paper flowers or snowflakes
- Create affirmation or kindness rocks
- Build with LEGO bricks
- Play Mad Libs and word searches
- Learn to juggle
- Make a Rube Goldberg machine with household items

Indoor Games & Activities

To Get Children Moving

- **GO ON AN ALPHABET SCAVENGER HUNT**
Make a poster with the alphabet and have your child search for items that begin with each letter.
- **PLAY HOPSCOTCH IN A HALLWAY**
Use any paper you have on hand (or cardboard) to cut out shapes. Use double-sided tape to place the shapes on the floor to begin your game of hopscotch.
- **CREATE AN OBSTACLE COURSE**
Use items around your house (pillows, pool noodles, baskets, etc) to create a fun obstacle course.
- **PLAY THE FLOOR IS LAVA**
Decide which furniture is ok to jump on and considered safe. Set a timer and the first person yells, "The floor is lava." All other players must get to the "safe" spot before the time runs out.
- **GO ON AN ANIMAL SAFARI**
Draw or print different animal shapes and have your child color them in. Hide them around the house for your child to find.
- **PLAY I SPY CLEANUP**
Set a time to put away as many items until the clock runs out. Call out an item for your child to race towards, grab, and put away!
- **PLAY A FLASHCARD HIDE AND SEEK**
For younger children, hide flashcards of letters and numbers around the house. Have your child find the cards and tell you the letter or number they found. For older children, hide word or math fact flashcards and have them tell you the answer when they find them.


biglifejournal.com

We know that it has been a challenging week for everyone. We hope some of these resources help you and your family stay active and positive during this period. Please don't hesitate to reach out to the FASD Network Coordinator or contact person in your region listed below if you have questions or would like further information or support!

<u>In Winnipeg</u>	<u>Interlake Eastern RHA</u>	<u>Prairie Mountain Health</u>	<u>Southern Health</u>	<u>Northern RHA</u>	<u>Norway House Cree Nation</u>
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We look forward to connecting again next week to share more helpful information and resources about FASD!

Sincerely,

-Manitoba FASD Center and FASD Network