



# IHSAspires FRIDAY!

## COVID-19 Creative Corner

*"When I'm not feeling my best I ask myself, 'What are you gonna do about it?' I use the negativity to fuel the transformation into a better me."*

*~Beyonce Knowles*

### **INSPIRING IDEAS THIS WEEK FROM:**

#### **RPC Early Childhood Education**

To all of the staff at RPC Early Childhood Education Program, Thank You for all of your hard work and compassion for our families. This is a hard time for everyone. This is not how we expected to be ending a school year. You have all helped in some way to make this a bit easier. We hope to see everyone soon. Hope that this video can put a smile on your face. Stay well and healthy.

**WATCH THE VIDEO**



## INSPIRING IDEAS THIS WEEK FROM: Great Resource!

IL CHAPTER, AAP

# Tips on Face Masking for Children During COVID-19



### SHOULD MY CHILD WEAR A MASK? IF SO, WHEN?

Children 2 years and up should wear a mask and/or cloth covering when in spaces where it is not possible to remain 6 feet away from others.



### CHILDREN WITH SPECIAL CARE NEEDS

- Children who are severely immunocompromised are encouraged to wear an N95 mask.
- Families of children at higher risk are encouraged to use a standard surgical mask.
- Children with severe cognitive or respiratory impairments may have a hard time tolerating a cloth face covering. For these children, special precautions may be needed.

### WHAT KIND OF CLOTH IS BEST TO MAKE A MASK?

Homemade or purchased cloth face coverings are fine for most people to wear. For children, the right fit is important. Pleated face coverings with elastic are likely to work best for kids.



### ADDRESSING FEAR

It is understandable that children may be fearful of covering their faces. For children under 3, use simple language to answer questions, like saying, "sometimes people wear masks when they are sick."

For children over 3, focus on germs. For example, explain how some germs are good and bad and the masks help to keep away the bad germs.

Both tips can help children understand and be less afraid.



### WEARING THE MASK/FACE COVERING

- Place the cloth face covering over the nose and mouth and stretch it from ear to ear.
- When back inside, avoid touching the front of the face covering by taking it off of the child from behind.
- Wash cloth face coverings after each wearing.
- Remember to wash your hands and your child's before and after.

### FOR MORE ON COVID-19 VISIT:

- National American Academy of Pediatrics (AAP)  
[www.aap.org](http://www.aap.org)
- Illinois American Academy of Pediatrics (IAAP)  
[www.ilinoisaap.org](http://www.ilinoisaap.org)
- HealthyChildren.org  
[www.HealthyChildren.org](http://www.HealthyChildren.org)
- Centers for Disease Control and Prevention (CDC)  
[www.CDC.gov](http://www.CDC.gov)



## INSPIRING IDEAS THIS WEEK FROM: **Catholic Charities of Joliet**

So happy to have the opportunity to partner with Southwest Suburban Immigrant Project - SSIP to provide a Mobile Food Pantry at St. Dominic in Bolingbrook yesterday! More than 330 families were served!



## INSPIRING IDEAS THIS WEEK FROM: Great Resource!

### MAY IS MENTAL HEALTH MONTH

HOW TO OVERCOME  
DURING & AFTER THE PANDEMIC  
PANEL DISCUSSION

SATURDAY MAY 5/16/20 2PM EST

HOST  
DR. SARAH  
LANGLEY, LPC



LISA SUTTON-  
WILLIAMS,  
LCSW, LMFT



JASON  
PHILLIPS,  
LCSW



ERICA  
MITCHELL,  
LPC, NCC



MARVIN  
MERRIWEATHER,  
MSW, LCSW

REGISTER FOR OVERCOMING DURING AND AFTER THE PANDEMIC [bit.ly/powertalkrealtalks](http://bit.ly/powertalkrealtalks)

## INSPIRING IDEAS THIS WEEK FROM: SIUC Head Start

It's time for a mid-day movement break!  
Spell your name- and do these movements as you go!

**Fun Friday: Alphabet Exercise**

A	Jump up & Down 10 Times	N	Pick up a ball without your hands
B	Spin around 5 times	O	Walk backwards 10 steps
C	Hop on one foot 5 times	P	Walk sideways for 20 steps
D	Run to the nearest wall	Q	Crawl like a crab for 10 counts
E	Walk like a bear (on hands and feet) for 5 counts	R	Hop forwards 5 times
F	Do 3 cartwheels	S	Touch your toes 10 times
G	Do 10 jumping jacks	T	Stretch your hands up for 10 counts
H	Do 8 frog jumps	U	Skip to the nearest wall
I	Balance on your left foot for 10 counts	V	Flap like a bird 20 times
J	Balance on your right foot for 10 counts	W	Jump up and down 5 times
K	March like a soldier for 12 counts	X	Run on the spot for 10 counts
L	Skip for a count of 20	Y	Stomp like an elephant for 10 counts
M	Do 3 roly polies	Z	Sit & touch your toes for 10 counts