

Brainbridge

The Newsletter



Community Brain Injury Program for Children and Youth in BC



WINTER 2020

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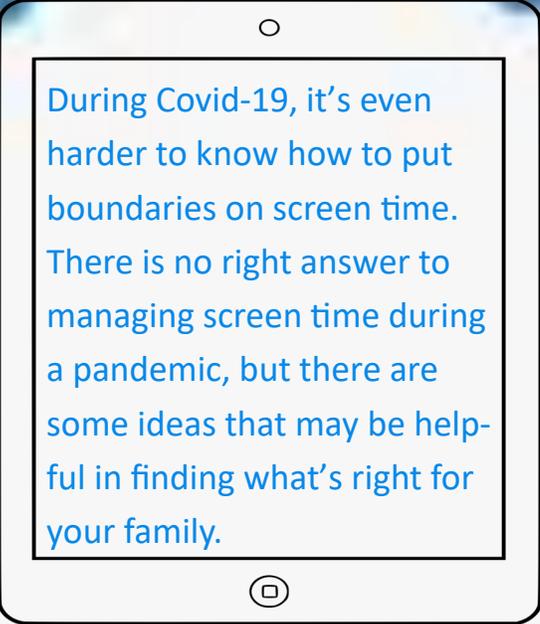
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Screen Time



During Covid-19, it's even harder to know how to put boundaries on screen time. There is no right answer to managing screen time during a pandemic, but there are some ideas that may be helpful in finding what's right for your family.

Keep a schedule and stay the course:

Developing set times for screen time can create structure that is helpful to set expectations.

Model healthy screen use:

Children will be more likely to set aside their screens at set times if you lead by example.

Use compassion:

Unstructured screen time can be a source of comfort and entertainment during a stressful time.

Emphasize social connections:

Finding creative ways to connect with friends online and schedule regular family connections. Consider your child's regular social schedule and organize screen time so it makes sense for them.

Brainstorm alternatives:

It's helpful to develop an "activity menu" that lists all of your child's preferred non-screen ac-

Prioritize and health and wellness:

Evaluating your child's activities can help direct their screen time schedule. You can do this by asking:

- Is my child sleeping enough and eating a somewhat balanced diet?
- Are they getting some form of exercise every day?
- Are they getting some quality time with family?
- Do they use some screen time to keep in touch with friends?
- Are they invested in schoolwork and keeping up with homework?

Be kind to yourself and your kids. We are all navigating and managing together.

Coping with COVID

Strategies

Separation

Not being able to see family and friends can make children and adolescents feel isolated

Create a photo album of your favorite activities and/or memories

Share funny stories or memories

Draw pictures or write letters to siblings, family members, and friends

Make a play list of your favorite songs that remind

Anxiety

Uncertainty can bring feelings of anxiety

COMFORT: Having negative thoughts and feelings is normal, and they usually go away over time. Try to be courageous and learn to be the 'boss' of your own worry.

ASK: Talk to someone you trust, such as a family member, friend or health-care provider. Ask them questions about your worries and how they can help you feel better.

RELAX: Be patient with yourself and do activities to keep yourself calm and relaxed.

DISTRACT: Try to keep normal routines and limit the amount of time you spend focusing on whatever is making you anxious or afraid.

Low Mood/Depression

Uncertainty, isolation, disconnection can impact mood

CONNECT-with family, friends—virtually, over the phone, via text message

ENGAGE-do a favorite activity with members of your household

GET OUTSIDE—fresh air and nature are beneficial to mind and body

GET MOVING—exercise

APART.

NOT ALONE.

Ask Yourself

BROOKE ANDERSON'S
@MOVEMENTPHOTOGRAPHER

DAILY QUARANTINE QUESTIONS

WHAT AM I GRATEFUL FOR TODAY?

WHO AM I CHECKING IN ON OR
CONNECTING WITH TODAY?

WHAT EXPECTATIONS OF "NORMAL"
AM I LETTING GO OF TODAY?

HOW AM I GETTING OUTSIDE TODAY?

HOW AM I MOVING MY BODY TODAY?

WHAT BEAUTY AM I EITHER CREATING,
CULTIVATING, OR INVITING IN TODAY?

@kwiensba

Generosity

Generosity affects parts of our brains that leads to us feeling good when we do good things for others. This means that when we act in ways that are kind and generous, or even when we see acts of kindness, we're more likely to be in a better mood. Just five generous acts in one day actually boosted your mood for more than a week!

So, how can you involve generosity and acts of kindness into your regular family routines?

Generosity can happen

every day: Acts of kindness can be finding small ways to make a positive difference for those around us.

Spread cheer: There are fun ways to make a difference in your community. Making a heart to put in the window thanking frontline workers, or a card for a teacher can remind children to appreciate the people in their lives and larger community.

Encourage Empathy:

seek out occasions for empathy (food or clothing drive) and support children to imagine how others feel.



Provide positive recognition for generous deeds that you notice your child do:

let you child know that you see them giving a compliment or sharing

Set an example:

carrying out generous deeds in your own life; including an elderly relative in your plans or volunteering.

Pick a Charity:

children can get more motivated to give when they choose a charity for the family to donate to or support.

What's New at BCCFA



SalesForce



The BC Centre for Ability's Community Brain Injury Program for Children and Youth is pleased to announce the launch of a new client record management (CRM) system and secure, electronic portal (BCCFA Portal) for children and families.

This online portal allows you to engage with us in a new way, offering you the ability to view your child or youth's client record, initial service plan and other relevant documents, as needed. We are launching the BCCFA Portal now so you will be able to access documents online which will allow for more efficient communication and collaboration during this continued time of working remotely. Additionally, the reduction or elimination of printing, faxing and postage will result in significant cost savings and more environmentally-friendly and sustainable processes.



THRIVE

THRIVE program for youth aged 19-29, sponsored by RBC Future Launch, Coast Capital Savings Community Investment Grants For Youth and the BC Centre for Ability.

This program is for clients with diverse abilities who have completed post-secondary training and hope to enter the workforce.

THRIVE uses an individualized one-to-one approach to increase participants' employability and link them to employers. There are no costs to program participants.

More information can be found at:

<https://bc-cfa.org/programs-services/vocational-services/thrive-program/>



What to Read

Brain Injury Survival Kit

Cheryle Sullivan, MD



The Brain Injury Survival Kit: 365 Tips, Tools & Tricks to Deal with Cognitive Function Loss aims to give brain injury survivors, their families, and loved one strategies for cognitive functioning. The book is a compendium of tips, techniques, and life-task strategies that author Cheryle Sullivan has compiled from her personal experience.

What to Listen



Try a meditation or Mindfulness App



Headspace



Calm



Smiling Mind Kids



Stop, Breathe, and
Think Kids

Financial Resources

Registered Disability Savings Plan Resources and Supports Registered Disability Savings Program: www.rdsp.com

Registered Disability Savings Plan action group and guide: https://www2.gov.bc.ca/assets/gov/family-and-social-supports/services-for-people-with-disabilities/supports-services/registered_disability_savings_plan_guide.pdf

B.C. government accessibility initiatives: www.gov.bc.ca/accessibility

B.C. government services for people with disabilities: <https://www2.gov.bc.ca/gov/content/family-social-supports/services-for-people-with-disabilities/supports-services>

COVID-19 Specific Resources

The credit counselling society has a great list of resources:

<https://nomoredebts.org/coronavirus>

GRANTS

If your family household income is under \$65,000 you may qualify for a grant. Grants can be for up to \$5000 for therapies and equipment when no other funding source is available for children with extra needs. More information about grants and the application processes can be found through these organizations

CKNW Kids Fund: <https://www.cknwkidsfund.com/apply-for-a-grant>

Variety: <https://www.variety.bc.ca/grants/individual-grants/>

Shriners: <https://www.bcshriners.com/what-we-do/syef/>

COVID-19 UPDATE

We hope that you are all continuing to keep safe and healthy as we navigate the ongoing challenges and changes associated to Covid-19.

The BC Centre for Ability continues to provide virtual services via phone, email and video conferencing. For more information regarding how services are being offered, please reach out to your coordinator to discuss. We continue to follow directives from the Ministry of Public Health.

*Be Kind.
Be Calm.
And Be Safe.*

Dr. Bonnie Henry
B.C. Provincial Health Officer

Upcoming—Groups

We are hoping to consistently start offering virtual groups for both youth and parents. Keep a look out for RSVP e-mails.

If you would like to participate, please contact Whitney at whitney.macrae@bc-cfa.org

Resources

Screen Time: <https://childmind.org/article/screen-time-during-the-coronavirus-crisis/>

Generosity: <https://childmind.org/article/tips-for-raising-generous-children/>

Mental Health Resources: <https://www.aboutkidshealth.ca/COVID-19>

Mental Health: <https://www.mentalhealthcommission.ca/English/external-covid-19-resources-children-youth>

RDSP: <https://www.rdsp.com/tutorial/is-the-rdsp-right-for-you/>

We want to hear from you! Your Opinion Matters and Counts. Please participate in our parent survey. We would like to encourage you to write to us with your inspiring stories and lived experiences. Your story can INSPIRE someone like You! And don't forget to share pictures

Contact Us:

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