

COVID-19: Supporting the physical and mental health of families of children with disabilities

As the situation with the COVID-19 pandemic continues to evolve, our CDPP team wants you to know that we are thinking of you and wanted to offer some support. While you are at home during this time of social distancing, it's important for your family to take care of your physical and mental health! Here are some ways you and your kids can practice self-care.



Stick to a routine. Sleep and eat well. This will maintain a sense of normalcy and keep you in control of your day.



Take movement breaks and get some fresh air. Play in the backyard or go for a walk in your neighbourhood.



Unplug and take a break from the screen. Stay informed but try to limit exposure to the news.



Practice mindfulness. Try to keep a positive mindset and focus on the things that you can control.

Here are some fun movement break activities from [Active for Life](#) that you can do with your kids AT HOME!* Stay tuned for more active from home ideas from our CDPP team!



Stuffed toy challenge: Balance your favourite stuffed animal on your head, and strike a pose! Try this on your tip toes or on one leg.



Hallway bowling: Set up a bowling alley using empty bottles or cans, and use a soft ball to knock the 'pins' down!



Target practice: Use pots and baskets set up targets. Throw a small ball or a folded pair of socks into each target using under and overhand throws!



Balloon volleyball: Blow up a balloon and challenge your hand-eye coordination! How long can you keep the balloon up?



Hot potato: Practice your underhand and overhand throwing in a game of hot potato!



Jump, run, and leap: Head outside and set up a fun obstacle course. How fast can you go?

*Images and activity descriptions adapted from [Active for Life](#)

Here are some links and resources to support you and your family to stay active and healthy:

- [Abilities Centre: Child and Youth Programs @ Home](#)
- [Active for Life: 200 activities you can do with kids at home](#)
- [Active for Life: 42 easy activities to keep kids busy while parents work at home](#)
- [Active for Life: Parenting through the pandemic – Simple tips to help you cope](#)
- [Jumpstart: Play from Home – Ideas to keep kids active at home](#)
- [Special Olympics: Healthy @ Home](#)
- [The Steadward Centre for Personal & Physical Achievement](#)
- [Tri-City News: Keeping kids active and lowering stress while in isolation](#)
- For more active from home ideas, follow the CDPP team on Twitter: [@CanDisParPro](#)