

ABC House’s Trauma Counseling Specialists recommendations for being homebound:

The reality is that we are all experiencing a worldwide traumatic event and just as trauma affects us all differently so too will this event. Our children are experiencing this event as well and hear reports on the news or overhear adults talking about their concerns or worries. Children will ultimately worry as well. People are going to experience their anxiety in many different ways. Some will buy toilet paper, some might downplay it, some may want to talk about it and others may not want to hear about. In children, this will look like emotional dysregulation, impulsivity, or a flight/fight or freeze response. Given that the children that we serve at ABC House have had previous traumatic experiences, we strongly suggest that you give your children more support than you might usually. Here are some supportive measures below:

- This virus and the responses used to address it have the potential for being an aversive experience for children and adults alike. The reality is that we as a society are already showing large scale traumatic response; hoarding, avoidance, denial. It is very important that we take care of both ourselves and our children during this time. For tips on how to reduce anxiety and stress related to COVID-19 visit this resource page listed by the CDC. [Mange Anxiety & Stress](#)
- Provide constant reassurance and positive praise as often as possible. Even if children, of all ages, look like they are handling the stress there is nothing wrong with providing support and it will have a positive result.
- Keep conversations regarding the impacts that the outbreak may have on society out of the earshot of children. Children, especially younger children, who don’t have the ability to keep the information in perspective will have a hard time processing the change.
- Develop a daily schedule for you and your children. Not only will this help keep routine and structure in the home it will also reduce trauma-associated stress from what is going on in the world around them. A structured schedule will also help them transition back to school when the time comes. Example schedule:

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnetiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

- Take into consideration how you are engaging with others; utilize self-care for yourselves as well as your children. Everyone is going to experience this change differently; so give others the space to do that, as long as it is safe to do so.
- Please take advantage of the local resources, especially receiving free lunches through your school. If you don't already know your location for lunch pick up in your area below are links to specific school districts in the area.
 - [Corvallis School District](#)
 - [GAPS](#)
 - [Lebanon Community Schools](#)
 - [Sweet Home School District](#)
- Here is a link for a fact sheet around how to minimize trauma responses for children by the NCTSN. It is very informative and covers multiple topics. We highly recommend utilizing this resource: [NCTSN Virus Outbreak Factsheet](#)
- Follow guidelines for social distancing as you deem necessary, or until an official statement is made.

Thank you and be safe,
Ryan and Anna
ABC House Trauma Counseling Program