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## Pick and Choose: Using Words Intentionally

**Does using the term “social distancing” give the wrong impression?**

“Social Distancing.” Over the past few months, we have begun to equate this term with loneliness, isolation, and depression.

We all know that we need social interaction. But how can we stay connected *and* safe?

One easy way is to change our terminology. Instead of using the catchphrase “social distancing,” we can say “physical distancing.”

It may seem like a minor difference, but we want people to remember that, while we must stay 6 feet apart *physically*, there are other ways to stay *socially* connected.

Phone calls, video calls, and outdoor activities with proper precautions are just a few ways you and your kids can stay mentally healthy during this stressful season.

**The next time you hear someone say “social distancing,” encourage them to think in terms of physical distancing while maintaining social connectivity.**



## How can you make sure your kids and teens still have a great summer?

We're here to support you in your parenting efforts. Youth who have extra time with little to do are more likely to turn to substances to combat boredom and loneliness. Below you will find several activities and safety tips for summer 2020!

### 1. Activity ideas

- Set up tents in the backyard for a camping vacation
- Several beaches have opened up again; have a water day at the ocean or a lake
- Do afternoon crafts
- Pick one day a week to find a new hiking trail
- Host a backyard barbecue with precautions in place
- Give your kids some brand new sidewalk chalk
- Let them ride bikes around the neighborhood or at a park
- Visit several drive-through fast food restaurants for taste testing (for example, try the fries from 3 different places and vote on which is best/worst)
- Go to a drive-in movie
- Get in swimsuits and run through the sprinkler
- Play sports in the yard: baseball, football, soccer, badminton, etc.
- Read a book together one night a week
- Celebrate Christmas in July
- Stargaze
- Click [here](#) for more ideas!

## 2. Safety Tips

NCTSN The National Child Traumatic Stress Network



### Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (COVID-19)

At this time, information about COVID-19 is rapidly evolving as new details are confirmed and new questions emerge. In the event of an outbreak in your community, as a parent/caregiver, your first concern is about how to protect and take care of your children and family. Knowing important information about the outbreak and learning how to be prepared can reduce your stress and help calm likely anxieties. This resource will help you think about how an infectious disease outbreak might affect your family—both physically and emotionally—and what you can do to help your family cope.

#### What You Should Know

- Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe diseases. COVID-19 is caused by a novel coronavirus; this means it is a new strain that has not been previously identified in humans.
- COVID-19 is a respiratory disease that is mainly spread person-to-person. Currently, there is no available vaccine or curative treatment, so the best preventative strategy is to avoid exposure.

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Thank you for being a vital part of our community!