



January 2021



Health, Social, and  
Community  
Programs &  
Services Call 211

**Children's Mental  
Health Agencies  
(free services):**

[Children's Mental  
Health Leeds Grenville](#)  
1-800-809-2494.

[Open Doors](#) Lanark  
1-877-232-8260

[Cornwall Community  
Hospital](#) SD&G  
1-844-361-6363

[Valoris](#) Prescott-  
Russell  
1-800-675-6168

Crisis and help-  
lines in your  
community [LINK](#)

For adult services,  
mental health,  
addiction, problem  
gambling visit:

**ConnexOntario**

1.866.531.2600

[www.ConnexOntario.ca](http://www.ConnexOntario.ca)

Support for parents  
of children with  
mental health  
challenges: [Parents  
Lifeline of Eastern  
Ontario](#)

1-613-321-3211 or  
1-855-775-7005

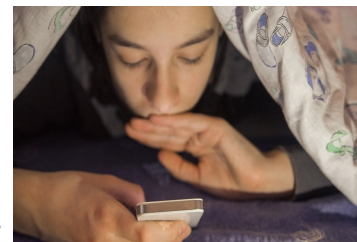
## A time for everything...

Balancing learning, recreation, and health

Balancing learning, recreation, and our physical health can be a major challenge whether learning face-to-face or remotely. While all children benefit from structure, some *thrive* with routines. Here are a few areas that can be a challenge:

Parents are often concerned about their child staying up too late and sleeping in over the morning, and missing a class, work-time, or the bus.

- **Set a 'wake-up' time** 1 or 2 hours before everyone needs to be out the door or doing schoolwork. At 'wake-up time', make the house a place that says "We're up and getting ready for the day!": Put on music, turn up the thermostat, turn on the lights, start conversations, put out something for breakfast, do a chore...like vacuuming :).
- **Establish a 'shut-down' time.** Check to see how much sleep your child needs in the [American Academy of Pediatrics Sleep Guidelines](#) and how to set the conditions for sleep. This includes how to make it harder to use phones, tablets or computers during sleep hours by either collecting the devices and setting a charging area that is away from bedrooms; unplugging the wireless router; or using apps such as [Microsoft Family Safety](#), [Apple Screen Time \(Family Sharing\)](#).
- Youth can check out [Anxiety Canada's Making Sleep Count – Active Steps](#).
- More severe sleep problems may require **extra support** ([check ideas here](#)) and may be discussed with a professional such as a doctor, social worker or other expert.



**Balancing work and play / free time.** A loose 'daily schedule' can help students settle into a good routine. Before discussing schedules and routines with your children, have a good idea of what *you* would like to see that balances:

### CREATING DAILY SCHEDULES DURING SCHOOL CLOSURES

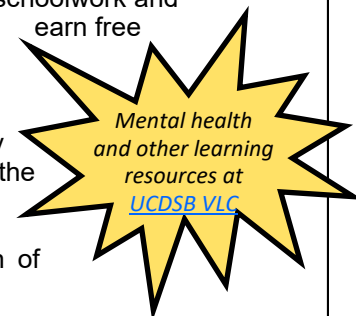


- ♦ Schoolwork and chores ([see examples here](#)).
- ♦ Meal times.
- ♦ Physical activity (e.g. getting the mail, going for a walk, playing outside, or other activities such as those on the [OPHEA website](#)).
- ♦ Social and free-time. See [GoNoodle](#) for fun activities

Try to keep this schedule consistent on weekdays (as much as possible). Break down schoolwork and chores into small amounts of manageable time. Children might earn free social time or non-school work screen time by completing a specific amount of school work or chores.

Adults can show the importance of a 'stress-friendly' lifestyle by trying to balance similar things in their lives, as is described by the [Psychology Foundation of Canada](#).

For other tips and links on Mental Health see our collection of Newsletters on the UCDSB Website [HERE](#)



**Kids Help Phone**



Call 1-800-668-6868 for support or  
Children and youth text TALK 686868  
Adults text WELLNESS 741741