

# Healthy Family Guide

Provided by your Employee Assistance Program and Well-Being teams



Texas Children's®

In keeping with Texas Children's pledge to support you in every aspect of your well-being, we've compiled the following resources to help keep your families healthy and strong.

**PARENTING RESOURCES:** All parents are facing a variety of challenges. Here are some resources that can help you during this unprecedented time.

- [Answers for parents about schools reopening](#)
- [Healthy parenting during COVID-19](#)
- [COVID-19 parent support groups](#)
- [Coping with a new baby](#)
- [How to help a new mom during COVID-19](#)

**PHYSICAL ACTIVITY:** Incorporating your children and family in physical activity can not only boost moods, improve sleep and reduce stress, but it can build family bonding and build resilience. Here are workouts to do at every stage of parenthood.

- [Pregnancy workout](#)
- [Working out with an infant](#)
- [Workouts with toddlers](#)
- [Family workout](#)

**EAT HEALTHY:** Nourish your body with the right nutrients to support your immune system and overall health. Stock your kitchen with fresh and frozen fruits and vegetables, a variety of lean animal and plant-based protein sources, healthy fats and carbohydrates. Use grocery store delivery or curb-side pick up to stock your kitchen. For health coaching, please contact Staci Tobolowsky Astrein at [xtobolo@texaschildrens.org](mailto:xtobolo@texaschildrens.org).

- [Healthy snacking ideas for kids](#)
- [Fun recipes to cook with kids](#)
- [Healthy crockpot recipes](#)
- [Tips to combat kids snacking all day](#)

**DRINK PLENTY OF WATER:** Drink 8 glasses of water per day. Add fruit or herbs to water to change the flavor. Infused water is a great way for children to get more water in their day without drinking juice. Keep it fun by letting your child pick out a fun [infused water bottle](#).

**MINDFULNESS:** You can incorporate mindfulness when you are spending time with your children. Check out this [5-minute meditation](#) to get started. In addition, here are some ideas on how to [parent mindfully](#), [practice yoga with your children](#) and help your [children sleep](#). Here is a list of other apps you may want to try:

- [Headspace\\*](#)
- [Calm](#)
- [10% Happier](#)
- [Smiling Mind](#)
- [Insight Timer\\*](#)
- [Stop, Breathe & Think](#)

\*Includes children's meditations. For Calm and Insight Timer, use Chrome as your browser.

**FOCUS ON POSITIVE THOUGHTS:** During times of uncertainty, it is not uncommon to spend time inside our own mind worrying about the future. The good news is that with practice, we can replace unhelpful and negative thoughts with more accurate ones. Learn more about [cognitive strategies to have a more positive mindset](#).

**VISUALIZATION:** A technique that helps expand our ability to rest and relax by focusing our minds on more calming images. Try this [15-minute guided imagery session](#).

**SLEEP:** Transitioning from a summer sleep schedule to a school sleep schedule can be difficult for any child. [Here](#) are a variety of tips to help with your child's transition.

**WORKING FROM HOME:** Here are [8 tips for working from home with kids](#), and a [guide for working \(from home\) parents](#).

**DISTANCE LEARNING:** [Here](#) is information on how to help your child adjust to distance learning. You can also find tips and tricks for homeschooling while working from home by visiting [here](#).

**EAP PLUS FAMILYSOURCE®:** Employees and Baylor partners can receive personalized assistance for a wide range of issues, such as child or elder care, education and housing needs. Contact Texas Children's EAP Plus by phone 24 hours a day, seven days a week at 833.EAP.PLUS (833.327.7587), or visit the EAP Plus portal [online](#); click "Register" and enter EAPPLUS as the Organization Web ID.

**IMPORTANCE OF PLAY:** Take time each day to play with your children. Play allows children to use their creativity, helps develop their imagination and is important for brain development. [Here](#) are other reasons why it is so important for children to be engaged in play each day. [Here](#) are some forms of play that do not involve technology.

**YMCA LEARNING CENTERS:** The new Y Learning Center program will provide students aged 5-12 with a safe and structured environment to attend virtual classes, interact with peers and participate in enrichment activities while parents/guardians return to work. Visit the YMCA of Greater Houston [online](#) to register and find more information about the program, including current center locations, fees and safety protocols.

**LEARNING PODS AND TUTORING:** Tutoring can be a great option to ensure your child is staying on track with his or her school work. Many parents/guardians are sharing the cost of a tutor by organizing or joining small [learning pods](#) with other school-age children who are in the same neighborhood or attending the same grade or school.

**STRESS MANAGEMENT:** If you find yourself or your child feeling stressed about the pandemic, there are [resources available](#) that can help support your mental, physical and spiritual needs.

**TAKE A BREAK FROM TECHNOLOGY:** Children often spend a lot of time watching screens, including smartphones, tablets, gaming consoles, TVs, and computers. Take some time each day and encourage them to put down their phone or turn off the TV. It is also important for children to [limit their screen time](#) for brain development.

**TEXAS CHILDREN'S DISCOUNTS:** Through [BenefitHub](#), Texas Children's provides its employees with easy-to-use discounts and savings on thousands of items and services, including tutoring discounts, waived registration fees, daycare tuition discounts, and more. If you are accessing BenefitHub for the first time, create a new account with Texas Children's referral code: AH55YC.

More detailed information on benefits, financial assistance and available resources can be found on our HR COVID-19 Resources website at: [texaschildrensbenefits.org/covid-19-resources](https://texaschildrensbenefits.org/covid-19-resources).