



## FAMILY HUDDLE

### Whistles, Fanny Packs, Tubes, Oh My!

Ever wonder why lifeguards wear so much gear?

Ms. Theresa from the Metropolitan YMCA of the Oranges in New Jersey explains it all for you.

Watch at [facebook.com/SussexCountyYMCA/videos/1056334921402530](https://www.facebook.com/SussexCountyYMCA/videos/1056334921402530)



## HEALTHY SPIRIT, MIND, AND BODY

### Supporting Our Emotional Health

Dr. Barbara Stroud, parent and licensed psychologist, provides tips for helping children feel safe during stressful times:

- **Stay calm.** Children react to the emotional state of parents and caregivers.
- **Create a daily routine.** Children find a sense of safety in routines.
- **Create a community.** Connect with other people and resources.

Watch at [youtube.com/watch?v=MdKeau2huT4](https://www.youtube.com/watch?v=MdKeau2huT4)



## MORE ACTIVITY, MORE FUN

### Write to Connect

- Find some paper and an envelope and write a letter to a loved one.
- Draw a picture to include.

To save on stamps and reduce exposure for postal workers, call the individual and read the letter over the phone or video yourself reading the letter and send it on.



## HOMEWORK HELPER

### ReadTheory

Access exercises to improve your child's reading comprehension.

This free website starts with a placement activity to see where your child should begin and houses thousands of exercises and worksheets.

Visit [readtheory.org](https://www.readtheory.org)