



# WILSON HEALTH SERVICES DEPARTMENT NEWSLETTER

APRIL 17, 2020

## Daily Schedule

Before 9:00 AM	Wake up!	Make your bed, eat breakfast, brush teeth, get dressed
9:00-10:00	Outdoor Time	Family walk or outdoor play
10:00-11:00	Academic Time	No Electronic! Reading, homework, study, puzzles, journal

## Keeping Kids on a Schedule

Changes in routine can be stressful. The article below offers some great suggestions for keeping everyone on track.

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Working-and-Learning-from-Home-During-the-COVID-19-Outbreak.aspx>



## Helping Children with Autism During the COVID-19 Pandemic

Click on the link below to read a great article about tips for caring for children with Autism during the COVID-19 pandemic.

<https://parade.com/1019088/debrawallace/template-grandin-tips-children-with-autism-coronavirus-quarantine/#.XopDNeLpCf8.facebook>



## Tips for Making Nutrition a Priority During the COVID-19 Pandemic

<https://nutrition.org/making-health-and-nutrition-a-priority-during-the-coronavirus-covid-19-pandemic/>

## How to Make a DIY Face Mask



## How to Make a No Sew Facemask

<https://diyjoy.com/how-to-make-a-bandana-face-mask-no-sewing-required/>

## How to Sew a Facemask

<https://www.nytimes.com/article/how-to-make-face-mask-coronavirus.htm>

~ You can even make a face mask from a pair of LuLaRoe leggings! Search “how to make a facemask from LuLaRoe leggings” in the google search bar.

