

# PARENT TALK

## Tips of the week from Judge Baker Children's Center

We hear you. Getting through the week without school and our usual routines is just as tough for parents as it is for kids. **Judge Baker Children's Center** is here for you with helpful advice from our expert clinicians...and you, our parents!

### Tip of the Week from our Clinician



**Staying in a regular sleeping and waking routine, even during the summer, can help maintain the sense of agency you may have found throughout the pandemic.**



Anne Cangelo, Psy.D.  
*Clinical Director of the  
Manville School*

It's OK to shift your sleep and wake times a little to take advantage of not

having so many early morning obligations, but be careful not to adjust it by too many hours. The smaller the shift, the easier it will be to get back into your regular work/school routine!"



This is a challenging time for everyone. Please know that you don't need to do it alone. If you or your child is struggling, we encourage you to schedule an appointment or join a parent support group at our Center for Effective Child Therapy. Contact us [here](#).

[Click here to read our past Parent Talk Newsletters](#)

## Parent Tip of the Week

Matt is a SLP clinician at our Manville School, and the parent of two teenagers. He has some great tips on how to manage screen time during the pandemic. Matt suggested reaching out to the parents of your child's friends to create a text thread. If you form an "alliance" with other parents ahead of time, it may be instrumental in initiating (and ending) virtual hangouts.

Matt stressed the importance of changing up the day-to-day screen activities to include an increased amount of social exchange. He recommends using Zoom to engage with friends in online virtual museum, aquarium, and zoo explorations, as well as online games, or even dance parties or charades!

Check out the [Metropolitan Museum of Art's virtual exploration](#), specifically geared toward children!

Some games that Matt's kids love to play using Zoom:

[Skribbl.io](#) – Online Pictionary-style game (Free)

[Kahoot](#) – Online trivia (Free, but with optional, paid deluxe versions)

[Jackbox Games](#) – Variety of entertaining games sold in different "Party Packs." The settings allow for family-friendly mode. Jackbox is entertaining for kids in junior high, through college. (Paid)

Lastly, Matt recommends using [CommonSense Media](#) for reviews and recommendations on age-appropriate games, TV shows, and movies for your kids!

The best tips are the ones that work! We'd love to hear from you about what is working for your child and family. Please email your ideas to [Cassie Poirier](#) so we can share them with other parents and caregivers.



## Resource Highlight

Please visit our [COVID-19 Resource Page for Families](#) for a list of articles, helpful tips and activities, and suggestions on how to talk to your child about COVID. Here's a resource tip for this week!

## Tip of the week

Quarantine during the summer months can be a great time for your child to build extra skills. Tynker is currently offering its premium course full of activities and games to teach kids how to code for free! Check it out and sign up [here](#).