

## BE A FRIEND. BE A HERO. Parent Tip Sheet

### Positive Ideas to Keep Kids Connected

Below are some ideas to help your child maintain friendships even if not in person:

- **Gather friends for a virtual game night -** Apps like [Pogo](#) allow your kids to play some of their favorite board games like Monopoly and Yahtzee, with friends without actually being together in person. This activity would require some parental guidance to ensure online safety. Other games include [Let's Play Uno](#) and [Pokemon Go](#)
- **Use walkie-talkies -** Neighborhood kids might not be able to play together in the same yard but can communicate through walkie-talkies. This will get them outside in the fresh air, which is very therapeutic, and allows their imagination to run wild! If your child is friends with an immediate neighbor, amp up the challenge and introduce the idea of using a flashlight to communicate via Morse code.
- **Have a Watch party - [TeleParty](#)** is a free Google Chrome extension which allows individuals with subscriptions to watch a movie together on Netflix, Disney Plus, Hulu and more by synchronizing the playback. With this feature, it is even possible to communicate with one another through a chat bar.
- **Connect with neighbors with sidewalk chalk -** As you take walks as a family, bring along some sidewalk chalk and let the kids draw pictures or write positive messages on friends' and neighbors' driveways or sidewalks. In turn, they can return the favor and leave a picture or note for you. Parents can also join in the fun!
- **Write a letter -** This classic form of communication not only can keep children connected, it allows your child to work on writing skills. If your child is just learning to write, allow them to draw a picture and label it. Send it off in the mail and wait for a return letter/picture. Even in this high tech world -- or maybe because of it -- there is something magical about getting a handwritten message in the mail.
- **CDC's [COVID-19 Parental Resource Kit](#)** can help support parents, caregivers, and other adults serving children and young people in recognizing children and young people's social, emotional, and mental challenges and helping to ensure their well-being.
- **[Parent Resources for Maintaining Children's Emotional Well-Being](#)** - With all that is happening in our world today, maintaining emotional well-being can be a struggle for every member of the family. You don't have to do it alone. Check out this guide from the Child Mind Institute for ways to maintain positive social and emotional health.