



# PROJECT SUN

Helping children flourish



## April is the National Month of Hope! - COVID-19, Self-Care, & Fun at-Home Activities -

Written by Project SUN Director Debra Mayconich Baron, PhD

There are many things being commemorated during the month of April. Easter, a celebration of rebirth and renewal, will be celebrated by Christians. Jewish people will mark Passover, a time to remember their deliverance from oppression. Ramadan, a time for spiritual reflection, self-improvement, and heightened devotion and worship for Muslims, begins in April. These religious traditions offer us lessons for coping with the current COVID-19 crisis. Each shares stories and practices centered around preparing ourselves for better days ahead.

A much less known fact is that April is also the **National Month of Hope**. The National Month of Hope was founded to help spread hope around the world. It was started by Rosalind Tompkins of Tallahassee, Florida, in 1991, when she was just four years clean and sober. She also founded Mothers in Crisis, Inc., an organization that supports women and families who are in need, bringing them hope and empowering them to find a new path. The Registrar at National Day Calendar proclaimed the National Month of Hope to be observed annually beginning in 2018.

Mothers in Crisis challenges everyone to take **hope breaks** throughout the day because, according to their website, "sometimes you have to schedule a little hope into your day." This is especially important for caregivers during this time of high stress. A little time for self-care is more important than ever. Juggling work and home responsibilities, financial pressures, the uncertainty of how long stay at home orders will last, and what will come next, at times is daunting for all of us. Be safe! Be hopeful! Take care of yourself!

### Take Hope Breaks!

- Schedule breaks into your normal routine in five-minute increments
- Find a quiet place
- Take five to ten deep breaths
- Think about good things happening, instead of the worst-case scenario think of the best-case scenario
- Make an affirmation
- Speak your affirmation out loud
- Repeat as often as needed

Source: Mothers in Crisis  
<http://makeahopeconnection.com/>

### Autism Awareness

Project SUN had planned to recognize April as National Autism Awareness Month. However, we have postponed those activities to a later date. Follow Project SUN on Facebook for upcoming information.

### April 22 is Earth Day!

Go outside, enjoy nature's beauty, and do something kind for the earth. It will be good for your mental health!

Word of the Month:

## Self-Care

"Self-care refers to activities and practices that we can engage in on a regular basis to reduce stress and maintain and enhance health and well-being... Self-care is not simply about limiting or addressing professional stressors. It is also about enhancing your overall well-being"

*University of Buffalo - School of Social Work*

A COVID-19 Community Response Fund has been established as a joint initiative of the Community Foundation of Kankakee River Valley and United Way of Kankakee & Iroquois Counties.

KANKAKEE & IROQUOIS  
COUNTIES

**COVID-19**

**COMMUNITY  
RESPONSE FUND**

If you are financially able, consider making a donation to support local agencies helping families get through this crisis. Donations can be made online by visiting [cfkrv.org](http://cfkrv.org) or [myunitedway.org](http://myunitedway.org) and clicking DONATE.

Applications are now open for agencies to apply for funding. Visit [cfkrv.org](http://cfkrv.org) for more information.

## \* New Date - Webinar Format \*

# MORE THAN SAD

Suicide Prevention Education for Parents  
**April 23, 5-6:30 PM**

For more information on More Than Sad, visit the Project SUN Facebook page. **Register for this free webinar before April 23 at:** [bit.ly/AprilParentCafe2020](https://bit.ly/AprilParentCafe2020)

## Do you have some extra time that you want to put to good use?

Project SUN needs volunteers to help us collect service information for local, informal services and activities that reach children and families. **To volunteer with this process, contact:** [mariah@cfkrv.org](mailto:mariah@cfkrv.org) or **708-573-9762**.

## May's Parent Café Topic

Family Fun Through Theraplay.  
May 21, 5-6:30 PM



### Have you been impacted by the Coronavirus pandemic?

COVID-19 resources and recommendations can now be found on the **Community Initiatives** page.

Visit [kanihelp.org](https://kanihelp.org) to explore over 650 local (Kankakee & Iroquois) & national resources.



## COVID-19 Resources

We challenge you to read at least one of these resources!

Visit [projectsunkankakee.wordpress.com/](https://projectsunkankakee.wordpress.com/) to comment and share your thoughts or questions. Also, pass along what you find helpful to a friend or family member!



### CDC COVID-19 Fact Sheets

- [English](#)
- [Spanish](#)



### Resources for Parents

- ["How to Talk to Your Kids about COVID-19"](#)
- [How can COVID-19 affect my child's mental health?](#)
- ["Advice for caregivers of children with disabilities in the era of COVID-19"](#)
- [Managing Coronavirus Anxiety: Tips for Families](#)
- [Supporting Your Child's Emotional Well-Being](#)
- [Sesame Street - "Self Care for Parents"](#)



### Educational Resources

- [At-Home Learning Plan & Resources for Parents](#)
- ["21 Free Educational Apps for Kids"](#)
- [Sesame Street - Videos, Workbooks, and Activities for Students Learning From Home](#)
- [DuoLingo - Free Online Language Learning](#)
- [Fact Monster - Homework Help & Learning Activities](#)
- [12 Famous Museums Offering Virtual Tours](#)
- [Free Online Tours of National Parks](#)



### Resources for Maintaining Your Mental Health

- ["COVID-19 Resource and Information Guide"](#)
- ["Tips to manage loneliness, anxiety while social distancing during coronavirus"](#)
- ["Mental health and psychosocial considerations during the COVID-19 outbreak"](#)
- ["Why You Struggle With Self-Care"](#)
- ["Free Resources to Help Your Wellbeing During Shelter-in-Place"](#)



### Resources for Professionals

- ["5 Ways I Help Myself When My Job Is To Help Others"](#)
- ["For Providers and Community Leaders: Helping People Manage \[COVID-19\] Stress..."](#)
- [What Healthcare Providers Need to Know - The Psychological Effects of Quarantine](#)



In addition to the information in this newsletter, you will also find links to fun at home activities on our Facebook page. Having fun is a key element of self-care! **Follow Project SUN on Facebook** for tips for taking care of your mental health, engaging family activities, and more.