



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TODAY'S TIP

YMCA OF FREDERICK COUNTY



April 24, 2020



FAMILY HUDDLE

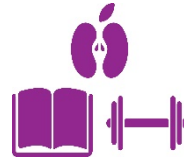
Parenting in Uncertain Times

Struggling with how to talk to your kids and calm their fears during these uncertain times?

Print this bulleted list of tips from Rebecca Schrag Herschberg, PhD, and hang them on your fridge as a reference.

Get the tips at

psychologytoday.com/us/blog/little-house-calls/202003/parenting-during-covid-19



HEALTHY SPIRIT, MIND, AND BODY

12 Bursts

Make sure you and your family are getting the recommended 60 minutes of activity per day with 5-minute bursts that can be done anytime, anywhere throughout the day.

Access the five-minute bursts and track your completed activities on the 12 Bursts site created by the YMCA of the Greater Twin Cities in Minnesota.

Track at 12bursts.org



MORE ACTIVITY, MORE FUN

Make Milk Dance

- Gather milk, dish soap, food coloring, and cotton swabs.
- Fill a shallow dish with about a quarter inch of milk.
- Squeeze several drops of different colored food coloring into the milk.
- Dip a cotton swab in dish soap and touch it to the drops of food coloring.
- Swirl the cotton swab in the milk to make the colors dance.

See this trick from YMCA of Greater Rochester in New York at

youtube.com/watch?v=Bm2Yxf0tHCg



HOMEWORK HELPER

Khan Academy

Access practice exercises, instructional videos, and a personalized learning dashboard to improve your child's skills in math, science, computer programming, history, art history, economics, and more.

Find lessons by grade level and free tools for parents and caregivers to track your child's progress and better support their learning.

Visit khanacademy.com