



## Additional Support Text Scripts for Home Visitation

Quick Thought for You: Loving Kids	
<p>Simple things can help kids in this time.</p> <p><i>Children love hugs and you!</i></p> <ul style="list-style-type: none"><li>✓ Reading and singing</li><li>✓ A special lovey (toy or blanket for comfort)</li><li>✓ As much of a schedule as possible</li></ul> <p>For more ideas, go to: <a href="http://www.zerotothree.org/parenting">www.zerotothree.org/parenting</a></p> <p><b>National Parent Helpline</b> Monday-Friday 12pm-9pm CT Emotional support and advocacy for parents 1-855-427-2736</p>	<p><b>Script:</b></p> <p>“I’m sending you a text about supporting you and your parenting. I wanted to highlight a tool on the text, it’s a confidential support help line that gives emotional support to parents in this hard time—they are really supportive and helpful when you need it.”</p>

Quick Thought for you: Keeping Pain Away	
<p>Right now, especially with COVID-19, you or someone you live with may be turning to drugs or alcohol for comfort—maybe this leads to hurting others. If you have concerns, are worried about drugs and alcohol, or you have mental health challenges like depression or anxiety: You are not alone. Help is available from people who will not judge you or your family.</p> <p>You can call the confidential <b>Substance Abuse Helpline 24/7:</b> 1-800-662-HELP (4357)</p>	<p><b>Script:</b></p> <p>“I’ve started to send texts to my clients about substance abuse and mental health so they have the information for themselves or send out to others who may be needing help.”</p>

Quick Thought for You: Caring in COVID	
<p>Text 4 Hope and Caring during COVID</p> <p><u>Hope means knowing you are not alone.</u></p> <ul style="list-style-type: none"> <li>✓ You got this because someone cares about you.</li> <li>✓ Hope can be hard to find when you are scared, hungry, hurting, or worried. So, right now, I want to tell you how much I care about you.</li> <li>✓ Sharing this can help others feel connected.</li> </ul> <p>Helping others helps us heal too.</p>	<p><b>Script:</b></p> <p>“The other thing we need more of during this pandemic is hope and caring-- I think part of building hope means knowing you are not alone, and that people really care about you. Hope can be hard to find when you are scared, hungry, hurting or worried.” “So right now, I want to tell you how much I care about you.” “Sharing your support can help others feel connected. Helping others helps us heal too.”</p>

Quick thought for you: You Matter A Lot	
<p>When things are stressful it is easy to forget to take care of you.</p> <p><u>What helps when you are feeling anxious or stirred up?</u></p> <ul style="list-style-type: none"> <li>✓ Taking three slow deep breaths and giving yourself a tight hug to get back into your body.</li> <li>✓ Getting out of your place and going for a walk (its ok 6 ft. apart).</li> <li>✓ Going into another room to wash hands, splash face with cold water.</li> </ul> <p>Talking to friends and family, reaching out to people you care about —both as a support or to be supported. You matter.</p> <p>“What kinds of things are you able to do to care for yourself right now? Sometimes it’s easy to put yourself last on the list—but we know we have more when we can catch a minute for ourselves if possible.”</p>	<p><b>Script:</b></p> <p>“How are you doing on taking care of you? What strategies are you using? What is working for you? I like this text message because it can remind you about quick things you can do in the moment like splashing water on your face—and that it reminds you to get out of the house. Which can be hard to do when we are feeling overwhelmed.”</p>