

ASPERN chik

It is designed to make your life and your child's life better.
 We do everything possible for this for 20 years.

If you can help now, this is the most important thing you can do.

Due to the global pandemic and the introduction of quarantine measures in the country, we continue to provide the services for our clients which they expect. Orphans, children removed from the families continue to live at the Center and we are trying to provide them with healthy nutrition according to their age. We provide food support to the young people living in the social dormitory "Halfway Home". After all, most of them have lost their jobs and are left without income. Large families who need to feed their own children, especially now apply to us for food support. Single mothers whom we provided with housing also need food support because they lost their job. That is, all our clients in one way or another need our protection, guardianship and assistance. And we provide it first hand.

Today everyone understands very well that the time has come when someone who is hungry could be nearby. And you just have to be indifferent to start doing good deeds, sharing and supporting one another. If you can help now, this is the most important thing you can do. Join the good works. And together we can save the lives of many and give a chance to overcome this difficult period. Let the gratitude from our clients return to your well-being.

If you have the opportunity to financially support our wards, please transfer funds to one of our organization's accounts, which is placed on page 1.

WE THANK ALL OUR SUPPORTERS:



Київська міська державна адміністрація, Дарницька районна у м. Києві державна адміністрація, NAAPU University of Management Education, ALL STAR Real Estate Agency, Gymnasium No237 in Kyiv, Specialized school №124 in Kyiv focusing on study of information technologies.

Thanks to our benefactors the living conditions of our children has been improved.

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More information about the Fund's activities: aspern.com.ua, facebook.com/aspern.pr
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Do not burden children with unnecessary information.

Dear parents, your children are the most precious gift. Take care of them, put your love in them. And do not forget that they are feeling you and may be anxious together with you. It is clear that children, like adults, respond to stress, and they do it differently: anxiety, anger, excitability, exclusion, and possibly nighttime enuresis. It is useful to talk to your child regularly to see how it is feeling. Be sure to explain to the child in a language it can understand, based on the facts available to it. Use words that are clear and relevant to your child's age. Do not burden it with extra information.

The child especially needs the attention of adults, so devote time to it and be discreet. Remember that it is important for your child to be heard and communicate kindly, to be understood. Encourage your child to play and play together. Follow the usual daytime schedule and regular rest schedules.

If a child is hospitalized, find an opportunity to talk and explain why. Build a new schedule to meet its needs for treatment, rest, training, and a quiet game. If, for hospitalization or other reasons, you have to leave your child, arrange everything so that you can maintain regular contact (such as by phone) and not to leave it for a long time. We wish everyone good health.

We support our children with the help of your donations!

TOP-10 tips how to organize your quarantine time.

In fact, we are experiencing difficult times now, when the whole world is covered by quarantine. For pessimists, this is another hint of the hardships of life. But the optimists look at this period a little bit differently. Our team is a team of optimists who overcome difficulties together. And in our opinion there is no single problem that cannot be solved. So, this quarantine period has opened up new opportunities for us: to maintain quality service for children and mothers with children, to effectively organize remote work, study, research, learn, analyze. And if there is such a situation in the world and we cannot change anything as a whole, then we can make this period in our lives safer and more comfortable. Change the essence in accents, shades, nuances. Of course, we can do so many good things and it is clear that quarantine will not be a misery with limitations, but an opportunity for creative, mental and physical activity for ourselves, our family and for our favorite work.

We have prepared TOP 10 tips for how to take advantage of this time:

1. **Spend more time together.** Keep the promises made in the past, make a daily routine for your family with time for work and study, homework, and fun. **Start the tradition of having a creative breakfast with the whole family.** Think of delicious recipes that everyone will love. For example, you can make fun animals from pancakes.

2. **15 minutes of physical training daily.** Viruses fear strong and positive people.

3. **Quarantine is not a holiday or a vacation!** Therefore, make sure your child learn online. It disciplines your child, helps to maintain an appropriate level of knowledge and gives parents time to work remotely. Because you are expected to perform your working tasks in a timely and quality manner. You will be a good example for your child.

4. **To give up surfing the Internet for a long time.** Restrict access to news. Do not think or talk about the virus all the time, or about problems at all, do not weaken the immune system. Try to be offline for at least a day or several hours. Stop, study yourself. What you will feel offline, what you will think about and etc. Understand why you need the Internet. Explain your correct thoughts to the child.

5. **Read good books.** And you can also learn tongue twisters.

6. **If it is difficult to learn tongue twisters - learn poems.** It is useful for memory and vocabulary can be expanded.

7. **Listen to classical music together, sing joyful songs.**

8. **Board games are always a great idea.** Schedule at least one hour for games with the whole family.

9. **Draw and make interesting crafts.** After that, be sure to make an exhibition when you return to work.

10. **Find a new hobby.** Try to find in yourself what you couldn't reveal before. Maybe this new hobby will open up new perspectives for you to get better.

And most importantly, set goals and spend time with meaning and value.

We support, but there are still so many people who need our help. We want to help them, but we can't do it without money. The more money we have, the more children, families and young people we can help. But it's not just monetary support, for many it's life-saving. Join our good deed!

Cohesion Game.

With quarantine many families have the opportunity to spend time together in a new way. It is important for adults to explain children about any misunderstandings that may arise during self-isolation. Encourage your children to think about what can help them live together peacefully and friendly. Examples may include new rules or a map of good deeds, a calendar of drawn emotions and etc. And things you can do together: watching movies / cartoons, drawing, playing games that help you to unite again and be a happy family.

As in CF "Aspern" and PO "Belief in life" the events of inner life are traced. Today there is a large family living at the Center for Social and Psychological Rehabilitation and consisting of children between the ages of 3 and 16 and caring workers who temporarily replace their parents.

Each specialist tries to put love and humanity into the children, help and develop, educate and teach properly. And all the disputes in the children's team are immediately solved. After all, everyone understands that these are anxious and very sensitive children. It is also important for specialists to unite children who did not know each other, survived the hard life events and were separated from their parents and sent to live in the Center. Viktoria, the Center psychologist, conducted cohesion classes for preschool children. The task was to build with the help of balloons a house and everything that is near the house. Each had its own task: to make a sun, a cloud, a house, a grass. It was amazing how the kids learned to negotiate with each other. Although there were disputes, they were quickly resolved. Indeed, every child wants to be loved, desired, to be first and heard.

We wish everyone who reads this post more positive emotions. Share your feelings with closed ones, support each other with understanding, share warm words and good deeds. Spend time together and do not waste it. Remember what unites you and sets you apart from other families. Stay together. At this photo you see great result of children's joint efforts.



How to save mental health.

For a few minutes a day, concentrate on something very enjoyable: beautiful colors, memories or a place where you were happy. Remember that even if we are experiencing a lot, but everything that is done is done for the better. Life is a change, stability turns a person into a lazy person. Therefore, with new challenges comes changes, as well as new opportunities, ideas, solutions and actions.

In order to communicate effectively we have created a Happy Parenting group in Viber. Given that family has the most important influence on a child's life, we provide useful information on various family topics, and we want to support you effectively. You can also get a personal consultation from a psychologist if you need one. To make an appointment with the psychologist: (044)3321543, phone number of the group "Happy Parenting" +(380)675505280. **We wish everyone to live in peace with themselves and their neighbors!**