

# Resources for Coping & Distraction While Isolated in the Hospital or at Home

*\*Please Note: These resources are intended to be used by parents and caregivers with their children in addition to typical play based activities such as books, puzzles, board games, cooking, walks, movies, etc.*

## Educational

### Youtube Kids

- Kids Learning Tube
- Free School
- Homeschool Pop
- StoryBots
- Smithsonian Channel
- The Brain Scoop
- Word World PBS
- TED-Ed
- National Geographic Kids
- Peekaboo Kidz

### Websites

- Starfall.com
- MysteryScience.com
- Readingworks.org
- STMath.com
- Abcya.com
- Xtramath.org
- Zearn.org

### Podcasts

- Brains On
- Six Minutes
- But Why: A Podcast for Curious Kids
- Circle Round
- Smash Boom Best
- Wow in the World
- Eleanor Amplified
- Ear Snacks
- KidNuz

## Mindfulness, Movement, and Relaxation

- Gonoodle.com
- Planet Fitness - offering free 20 minute classes via their Facebook page at 7pm
- 305 Fitness Youtube 11pm free live workouts
- Breathe, Think, Do with Sesame Street App
- Calm Meditation App
- Core Power Yoga Keep Up Your Practice: <https://www.corepoweryogaondemand.com/keep-up-your-practice>
- Cosmic Kids Yoga: <https://www.youtube.com/user/cosmickidsyoga>

## Adventure and Entertainment

### Youtube Kids

- Storyline Online
- Story Time with Ms. Becky
- KidTimeStoryTime -The Cincinnati Zoo & Botanical Gardens
- Fun Family Florida

### Podcasts

- The Two Princes <https://adventuresinfamilyhood.com>
- Story Pirates
- Online
  - Search your favorite artist, many are doing online concerts
  - Some new movies will be live streaming
- Adventures in Family Hood:
  - Georgia Aquarium Livestream of Exhibits <https://www.georgiaaquarium.org/webcam/ocean-voyager/>
  - Kohls Children's Museum Home Zone

# Talking About COVID-19 with Children

*\*Please Note: These resources are intended to be reviewed by parents and caregivers and adapted for each individual child based on their development*

## General Tips and Suggested Language to Use

- **Deliver honest and simple information (minimize media exposure)**

- "COVID-19 (sometimes called Coronavirus) is a new illness that can be spread by germs. Scientists are still learning a lot about the virus to keep everyone as safe as possible."
- Describe hand washing and social distancing as ways that we can work together to slow down the virus.
- Explain what steps are being taken to keep everyone healthy and safe as well as what steps would be taken if someone became ill.

- **Give your child a sense of control and normalcy**

- Keep bedtime, wake time, and meal times consistent as much as possible.
- Incorporate various activities in the day. (see reverse side for suggestions)
- Encourage children to take part in and come up with age-appropriate activities in line with social distancing and cleanliness.
- Develop clear guidelines and limits around what is allowed and what is not.
- Let the child know that as you hear more information, you will let them know.

- **Validate and normalize feelings as well as model behaviors and responses that are serious, yet calm**

- Validate their feelings while doing your best to reduce worry by explaining what is being done to help, clarifying information, and keeping them busy.
- Give children the opportunity to talk and ask questions.
- Instead of telling your child not to worry, try saying:
  - "It can be scary and that is why it is important that we..."
  - "Doctors, nurses, and hospitals are trained on how to keep patients safe"
  - "I'm worried about people who are sensitive to germs too; that's why we are going to stay home and do our best to have fun together"
  - "It's confusing because we don't feel sick but it is still important for everyone to stay apart to keep germs from sharing right now"
  - "This is teaching us what to be grateful for... the things we can live without...etc."

## Online Resources and References

- Center for Disease Control : <https://www.cdc.gov/coronavirus/2019-ncov/prepare/index.html>
- MindHeart COVID-19 PDF Book for Children : <https://www.mindheart.co/descargables>
- CNN What I'm Telling My Kids About COVID-19 : <https://www.cnn.com/2020/03/16/opinions/telling-my-kids-about-coronavirus-bolduan/index.html>
- How to Talk to Your Kids About Coronavirus (Daniel Tiger) <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR2v36fPiJJX6fh6iT5uxXzqQpFsZqYE8o9i22OGxoeGwBNbqGmd1-19Qw#.XnJLIL05rCg.facebook>
- Talking to Children about the New Coronavirus Disease <https://www.chop.edu/news/health-tip/talking-children-about-new-coronavirus-disease-covid-19?fbclid=IwAR2pwidzdsQNaZmBpdQfPPJmtGvMGOr3X2GPiWa1S7tdmraBMQdOI007Uz0>
- Coronavirus Video for School Aged Children <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

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