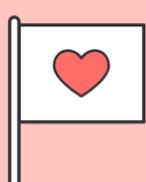


# 5 WAYS TO HELP YOUR CHILD DURING THE COVID-19 OUTBREAK



## Honesty & Simplicity

Your **goal** is to help children feel well-informed using **simple, honest** language. Create a **space** of openness and honesty and allow your child to ask any questions or share feelings they might have. Be careful to underact to anything surprising and answer truthfully but gently.

\*Flip over for more information



## REFLECT & EXPRESS

Children are very **perceptive** in nature. They know this **virus** is happening around them and they need someone like you to lean on for support. Choosing **not** to talk about the virus only makes their worries **bigger**. Have them **reflect** on what they already know and give them different **outlets** for expressing their **emotions**. Ask open ended questions that don't have yes/no answers that promote thoughtfulness.

\*Flip over for more information



## Health & Hygiene

Use discussions about the virus and safety to teach and celebrate proper hygiene. Help them learn hand-washing & practice keeping **social distance**. **Social distancing** is a new concept for most children that has opened up new **opportunities** to use our virtual devices to help children still **connect** with friends and loved ones. Use this time of increased use of screens to teach them how to use technology properly as a tool for connection.

\*Flip over for more ideas



## Control & Consistency

Most children thrive having a set routine. There is **no** doubt that your child's **routine** has been disrupted by this virus. Have them **create** their own daily schedule will allow them more opportunities to **cope** with this **change** in routine and reflect on how they can better use their time at home. Give them small jobs and chances to make choices for the family (meal or tv choices). Children need to feel in control of their environments to feel successful.

\*Flip over for more ideas



## Do your part together

We are **all** in this together. Help children come up with ideas to help the greater **community**. Every child is likely experiencing a lack of **socialization**, sense of **purpose**, **contentment**, and **drive**. This is a great time to sit down as a family and come up with new ways to help the community around them and find new ways to spend time with friends and loved ones.

# ACTIVITIES & IDEAS FOR HELPING YOUR CHILD

## Honesty & Simplicity



### Don't say:

- "The virus is no big deal"
- "We won't get sick, don't worry"
- "Stop being so worried"

### 4 common questions your child might have:

#### What is corona virus?

The corona virus is a new virus that we are still learning about. Most doctors say it is similar to the cold or flu. Most people who catch this virus stay home, rest and get better. If someone needs more help, the doctor may ask them to come to the hospital and receive more help.

#### Can I catch it?

Yes, it is possible for you to catch the virus, but you can do your part by washing your hands and staying home with your family.

#### Should I wear a mask?

No, masks are for anyone who is sick or think they might have the virus so they don't spread more germs. Hospital workers also wear masks to help them not catch the virus, too. You are safe to not wear a mask when you are at home and when you are outside of home if you keep space between you and others around you and wash your hands.

#### Can you die from coronavirus?

Most people who have caught the virus have not died. But, because this is a new virus, doctors are working really hard to make sure everyone gets the help they need and to keep the virus from spreading.



## Reflect & Express

- Draw pictures of what the virus might look and feel like
- Create a "loose parts" table full of play dough, clay, paint, beads, sequins and allow the child to create what they think the virus looks like to them
- Find different times in the day that are "share times" to allow your child to feel they can come with any questions or worries they may have
- Mealtime check-ins: Everyone shares one thing that is bothering them, one thing they are excited for, and one thing they are thankful for
- Practice expressing different kinds of emotions (Anger- squeeze a pillow and breath, Sadness- video chat someone they love, Fear- list out things they can control in their environment/life.

## Health & Hygiene



- Make hand-washing into a game with a sticker chart and small prizes
- Help them come up with new ideas to connect virtually to maintain social distance from one another
- Use "Marco Polo" app to easily send videos back and forth to one another.
- Research online educational games
- Play online board games with friends

Instead of isolation, think imagination!



## Control & Consistency

- Create a schedule for each day of the week. Invite them to provide input and make choices about the schedule.
- Maintain normal bedtime and wakeup routines, have them get ready for the day like they are going to school.
- Make a list of jobs that they can do around the house.
- Allow them opportunities and choices throughout day that help them feel confident

If they CAN do something, they SHOULD do something!



## DO YOUR PART TOGETHER

- Write thank you cards to public health representatives & frontline healthcare workers
- Create a go-fund-me page to raise money for healthcare organizations
- Talk to community hospitals in how you can help them out
- Create posters and place in windows to remind neighbors of how you are all in this together, so help do your part
- Come up with new ways to help out the community around you.