



Wonders & Worries

Professional support for children
through a parent's illness.

We will, together.



How to Best Quarantine at Home

When a Parent has COVID-19

- Refer to “Explaining COVID-19 to Kids” to help answer questions and educate your child about COVID-19, how germs spread, and the necessary precautions.
- Explain their parent may feel more tired than usual, but rest is helping their body heal.
- Create physical boundaries—with tape, objects, doorways, etc.—measuring 6ft. from where the parent is isolated.
- Explain social distancing keeps the rest of the family safe from catching COVID-19, but they will not have to distance themselves forever.
- Explain that the whole family must quarantine—stay at home—for around 2 weeks. This is a rule everyone follows if someone in the family has COVID-19. Staying home is helping the germs not spread and keeping other people safe.
- Acknowledge and validate your child’s feelings.
- Find jobs for the child, if they want to help. This offers a sense of control and empowerment.
- Praise child for washing hands, maintaining distance from ill parent, staying home, and any jobs they help with.
- Continue conversations with parent at a safe distance away, over the phone, or through video chat.
- Send “mail” to parent—letters, cards, artwork, etc. Explain the child can send mail to the parent, but the parent cannot send mail back because germs can hide on paper.
- Play games virtually, or from a safe distance away—Pictionary, Charades, Battleship, I Spy, etc.
- Use window chalk for the parent and child to engage with each other on either side of a window—send messages, draw pictures together, or play games like Tic-Tac-Toe.
- Provide reassurance that the parent should feel better in a couple weeks, and they will not have to distance themselves anymore.