

HELPFUL RESOURCES FOR THE CARING HOUSE / CHILD LIFE

Support with Coronavirus for parents and teachers

1. Talking with kids about the Coronavirus – Importance of understanding magical thinking
<https://www.centerforloss.com/2020/03/children-about-cornavirus/>
2. <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
3. Parents and Teachers - How to help children cope with changes related to COVID-19
<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

TIPS FOR SUPPORTING WITH THE PANDEMIC - K. O'Leary

Support children with what they hear and see.

- ✚ Limit children's view of news media / social media / discussions about personal fears, which may cause excessive anxiety.
- ✚ If they are in a stressful situation, help them "look for helpers" such as doctors, nurses, and people giving food and medicine.
(Mr. Rogers says in times of uncertainty and overwhelm to "look for the helpers".)
- ✚ Explain what is known in safe, soft language.

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Children will look to us as parents, caregivers and professionals to assess safety.

- ✚ Help children know they will be cared for and their needs will be met.
- ✚ Let them know that doctors and nurses are doing everything they can to help with making a medicine to try to help people get better from the “new very serious sickness called Coronavirus (COVID-19)” It is different than a cold or sickness you have had.
- ✚ In our groups, children commonly express worry related to their experience with illness or loss. They have often asked the questions “Will I get sick?” or “Will something happen to someone I love next?”. It will not be uncommon for those types of questions.

Children learn, make sense of their world, and cope in a positive way through play and expression.

- ✚ Let them play.
- ✚ Encourage play.
- ✚ Be present and have fun (as much as you can with teenagers involved. Totally kidding! Shout out to our teens! You all know who you are ☺).
- ✚ Have times to be present with them without technology and phones.
- ✚ Remember with play comes some mess and that is okay. Games, singing, drawing, and walking are great!
- ✚ Boundaries and structure are important for feeling safe, too.

Help educate children that families want to do our part not to spread germs and keeping people safe:

- ✚ Washing hands with soap singing "abc's" regularly
- ✚ Coughing or sneezing into our arm or tissue
- ✚ Staying home and at a distance from other in public
- ✚ Not being in large crowds.