



Helping Children Cope with Covid-19

Talking with your child about Covid-19

It is important to talk with your child about what is going on to ease some of the fears and the unknown around what they are seeing and hearing.

- ☐ Remain calm and reassuring
- ☐ Let your child know they are safe
- ☐ Share the facts at an age appropriate level
- ☐ Discuss things that are happening such as event cancellations and school closures and how this is part of a plan to help keep everyone safe and healthy.
- ☐ Allow your child to express their fears and ask questions
- ☐ Remain available to talk whenever needed and check in often.



Your Child's Role

Talk about everyone's role in helping others to stay safe
Children can feel empowered knowing they have a job

- ☐ Social Distancing
- ☐ Keeping their hands clean by washing for at least 20 seconds, especially after coughing, sneezing, using the bathroom, or about to prepare or eat a meal. (CDC guidelines attached)
- ☐ If they have to cough or sneeze to do so in a tissue or into their elbow.
- ☐ No sharing of food, utensils, cups, etc.



Turn off the news and social media while children are near

As adults, listening to the news and reading posts on social media can be anxiety provoking. This can be twice as scary for kids.



Take Care of You

Children often react to how they see adults reacting

- ☐ Let your child know it is ok to feel anxious at times and share with them some things that help you when you are feeling stressed. (some examples: deep breathing, talking to a friend, listening to music, reading a good book, etc.)
- ☐ Take care of you. Make sure you are eating well, exercising, resting, and connecting with others. Your children will follow your lead.
- ☐ It is also important to make sure you have an outlet as well when you are feeling overwhelmed.

Provide your child with a routine

Routines help ease the unknown and anxiety. In a time of the unknown, we want to help her children with as much consistency as possible

- ☐ Make a schedule that is as close to a normal school day as possible.
- ☐ Provide your child with activities they can do while at home.



Activity Ideas While Home

- Read some books.
- Have a movie marathon.
 - Virtual field trip
 - Virtual museum tour
- Play board games and card games.
 - Make a fort
 - Do a puzzle.
 - Do a craft
- Make an obstacle course
- Write letters to family and friends
 - Put on a play.
 - Create your own concert
 - Have a mini self-care day
 - Put on a play
- Have your children help you cook something simple in the kitchen.
- Play outside with parent supervision.
 - Plant a garden.
- Make a collage or vision board
 - Help with chores.

Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

How?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH
CLEAN HANDS

www.cdc.gov/handwashing

