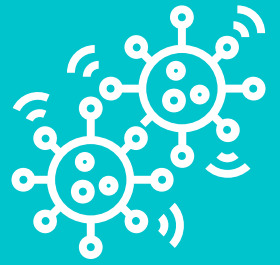




HOW TO TEACH YOUR CHILDREN ABOUT THE PANDEMIC



NELP

HOW TO EXPLAIN WHAT THE PANDEMIC IS



1. Firstly, find out what your child/ren already know/s
 “Do you have any questions about the coronavirus?”
 “Do you understand why school isn’t in session?”
 “What can we do to be safe and not get COVID-19?”
2. Follow your child/ren's lead/s and only discuss as much as they feel comfortable with
3. Be honest, but conscious about what facts you're giving
4. Be mindful on how you talk to others about the pandemic if your child is around
5. If you don’t know the answer, say so, but keep the tone reassuring and calm: remember children can sense when your heart is beating arrhythmically
6. Mention all the ways people are trying to make it safe
7. List with your children everything you are doing to keep them safe
8. Encourage them to express their feelings and check-in
9. Make sure they know that this is not a normal situation and that it’s okay to feel anxious/stressed/scared at times
10. Keep checking in with your children
11. Avoid language that might blame others and lead to stigma
12. Pay attention to what sources your children are getting information from

ADVICE ON HOW TO KEEP HARMONY AT HOME

1. Address children’s emotions
2. Keep in touch with loved ones
3. Meditate
4. Create a routine and let them know how the day is going to go
5. Plan something to look forward to
6. Model how to use healthy regulation strategies
7. Plan both together and separate times for siblings
8. Enjoy playtime with them when you get a chance
9. Focus on the future
10. Remind them that this is a great time to take care of others who are more vulnerable



6 THINGS CHILDREN NEED TO KNOW ABOUT CORONA VIRUS

1. Wash your hands for 20 seconds (sing happy birthday twice)
2. Visit your friends from home through electronics
3. Teach them why masks are safe and not scary
4. Cover your coughs and/or sneezes: Use your elbow or a tissue and be sure to wash your hands after
5. Be a good helper: Don’t forget to clean up after yourself
6. Remember its okay to ask questions: It can help you feel better



HELPING YOUR CHILDREN STAY FOCUSED WITH SCHOOL DURING THE PANDEMIC

1. Create a schedule
2. Get ready for the day just as you would for school
3. Create a pleasant area for the child/ren to study
4. Have your child/ren create a goal that they want to work on daily/weekly and yearly
5. Allow your child/ren to explore their creativity
6. Use everyday occurrences as learning opportunities
7. Start a book club in the household
8. Form a support group with other parents
9. Plan a celebration for the end of a goal

