

## **How to Help Your Child with Stress or Fears Related to Coronavirus (COVID-19)**

### Normalize your child's feelings

- Let your child know it's ok to feel stressed, worried, or angry.
- Help your child refocus on positive thoughts and activities.

### Talking with your child about Coronavirus

- Take your child's lead. Start by asking what your child knows about coronavirus and help correct any inaccurate information.
- Give your child a chance to ask questions.
- Provide your child with accurate and age-appropriate information.
- Help your child focus on the things he/she can control, such as washing his/her hands.
- Children take their lead from the adults in their life. When talking with your children, make sure your tone is calm and communicates confidence that we will get through this.

### Routines

- Even though children are not physically in school, help them stick to a daily routine. Have your child get dressed and ready for the school day at home.
- Write out a schedule for the day and put it up so your child knows the plan. Adding pictures to the schedule is helpful for younger kids.
- Find a space at home for your child to do school work at home. Ideally, this is a space separate from where your child plays.
- Try to stick to a consistent bedtime and wake time.

### Limit Exposure to the News

- Children often misunderstand information they overhear on television. In addition, children are often overwhelmed by repeated exposure to potentially stressful and confusing information.
- If your child has a phone or tablet, make sure automatic updates from apps that provide news are limited or turned off.

## Ideas for Fun

Here is a list of ideas to help your kids stay busy and have fun, while also maintaining social distancing. Being outside is a great way to stay busy, but due to weather, not always feasible. Here are some indoor ideas:

- Board games, family movies, games (hide and go seek, scavenger hunt)
- Reading- Columbus Metro Library has online books that can be accessed through their website

### Free Programs:

- Scholastic is offering a free learn from home program
  - <https://classroommagazines.scholastic.com/support/learnathome.html>
- Brain Pop
- Ted Talks
- PBS Kids
- Hello Kids
- **Math**
  - Funbrain
  - Prodigy
  - Math Playground
  - Splash Learn
  - Math Game Time
  - Khan Academy
- **Science**
  - Discovery Mindblown
  - NASA Kids Club
  - Amazing Space
  - Code Academy
  - How Stuff Works
- **Social Studies**
  - Crash Course on Youtube
  - Who Was?
  - National Geographic Kids
  - Google Earth
  - Time For Kids
  - Smithsonian for Kids
- **Virtual Field Trips**
  - San Diego Zoo
  - Yellowstone National Park
  - Boston Children's Museum
  - Great Wall Of China
  - The Louvre