

Positive Parenting during the COVID-19 Pandemic with your Children

Here are some ways that you can support your kids during these difficult times.

Just **REMEMBER!**

Reassure them:	<p>Stick to the facts and let them know that you will keep them safe and be there for them.</p> <p>Fortunately, available information at this time suggests that children have milder illness if they contract the disease and fatalities are rare.</p>
Empower them:	<p>They have an opportunity to learn values of caring for others and thinking about their community.</p> <p>Guide them through the “I Am Corona” booklet and help them understand about the virus. Then, have them write gratitude (thank you) notes to e.g. our front line healthcare workers and leaders (can be sent later) and let them make calls to family to check in on them in this difficult time.</p>
Maintain your own calm:	<p>Self-care is important for managing your own stress and subsequently theirs.</p> <p>Take your own pulse first and stay calm! Children will imitate what you do not what you say.</p>
Engage them:	<p>Make lemonade out of lemons.</p> <p>Take this as an opportunity to spend time with your family <u>at home!</u> Keep kids busy, play board games, watch movies or cook meals together, maybe some arts and crafts as well do some indoor stretches to stay active.</p>



Play Activities for Children during Quarantine and Movement Control Order

<p>Online Resources:</p> <ul style="list-style-type: none"> - BrainPop - Curiosity Stream - Tynker - Outschool - Udemy - iReady - Beast Academy (Math) - Khan Academy - Creative Bug - Discovery Education 	<p>YouTube Channels:</p> <ul style="list-style-type: none"> - Crash Course Kids - Science Channel - SciShow Kids - National Geographic Kids - Free School - GEOgraphy Focus - TheBrainScoop - SciShow - Kids Learning Tube - Geek Gurl Diaries - Mike Likes Science - Science Max
<p>More free learning websites :</p> <ul style="list-style-type: none"> - https://www.abcy.com/ - https://www.funbrain.com/ - https://www.storylineonline.net/ 	

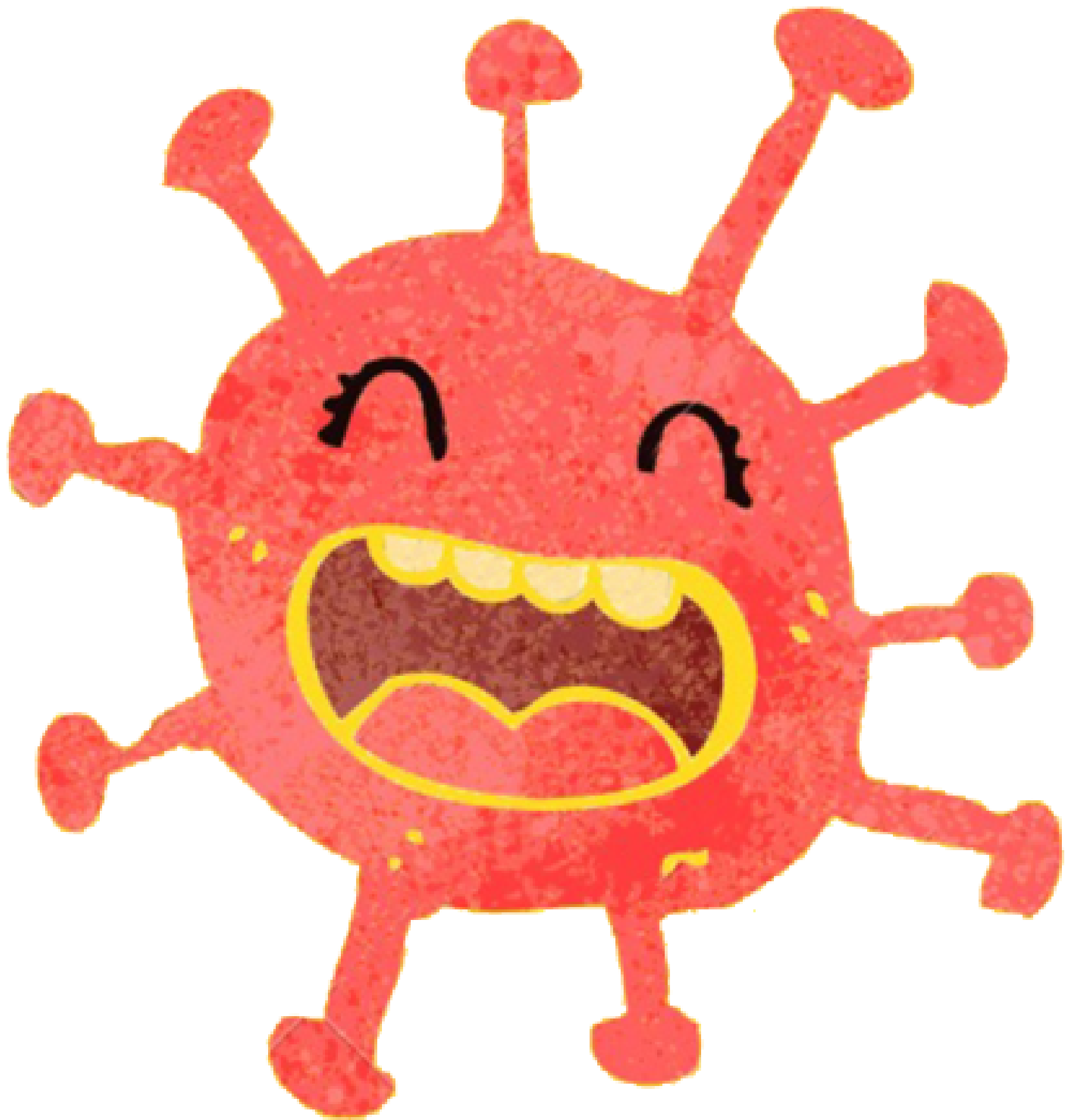
Make a schedule for daily activities/play to keep the children occupied

COVID-19 DAILY SCHEDULE		
Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

And Remember to Stay Away from Crowded Places!

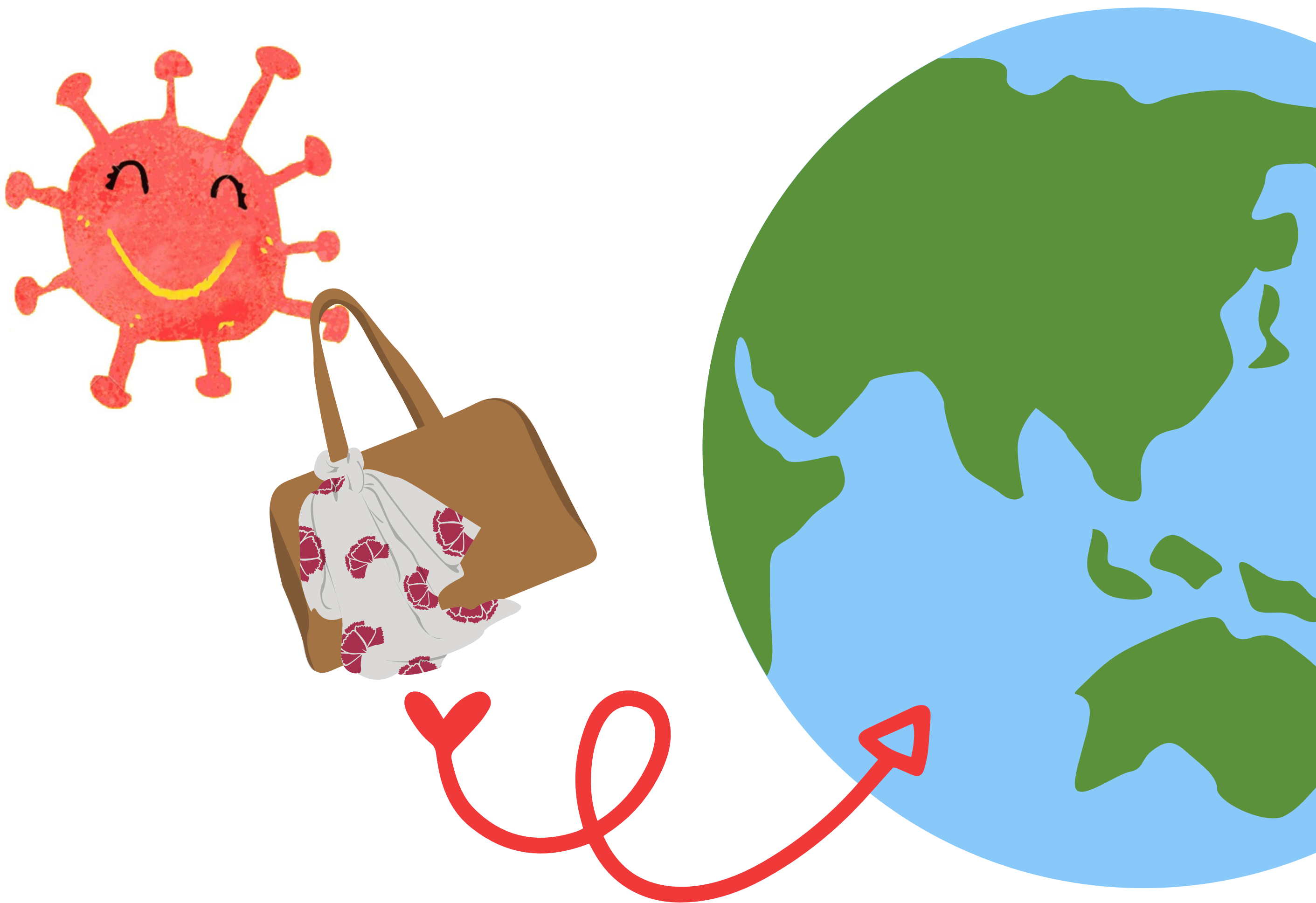
HELLO!

**I am a VIRUS,
cousins with the Flu and
the Common Cold**



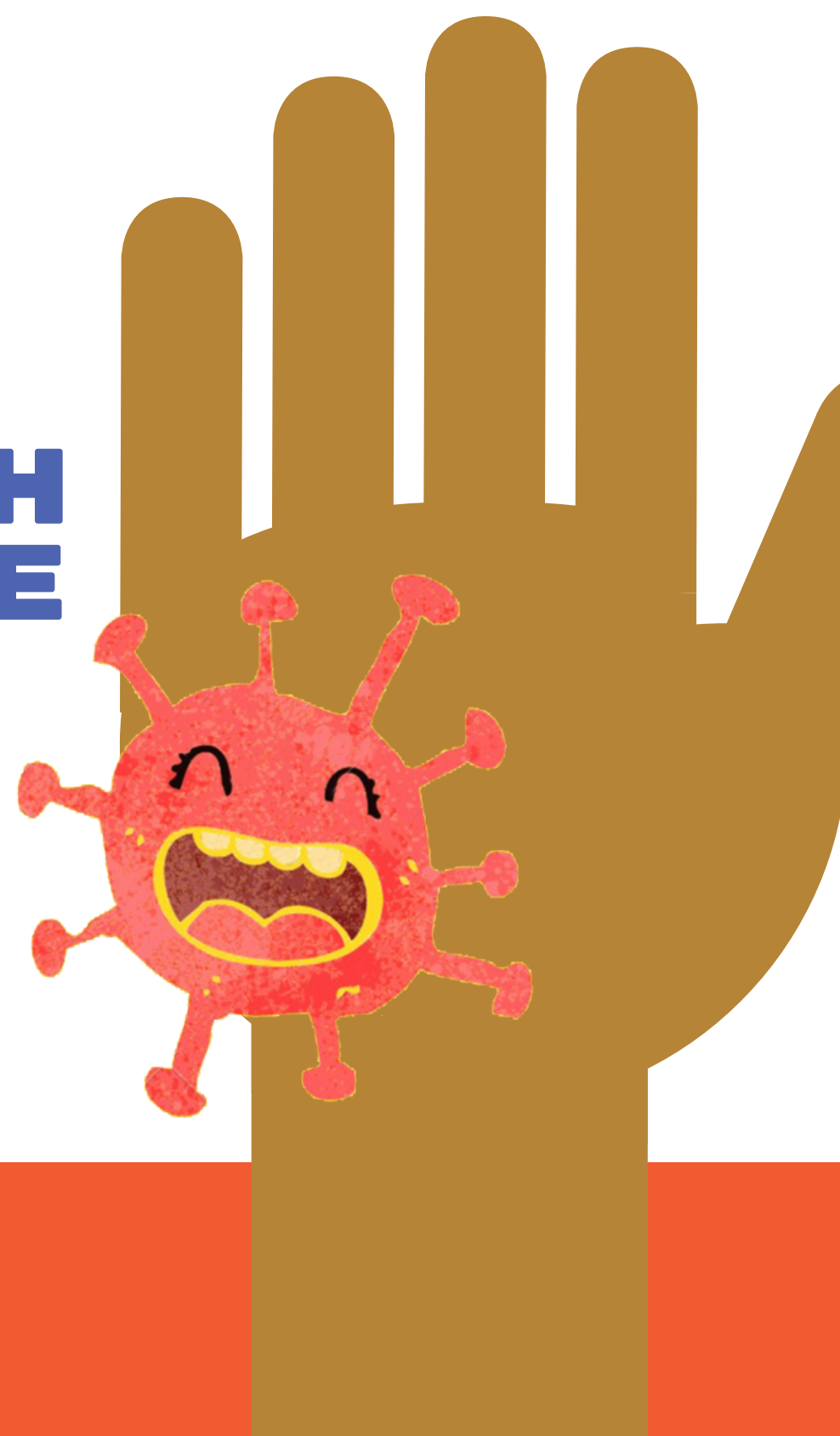
My name is Coronavirus

I love to travel...



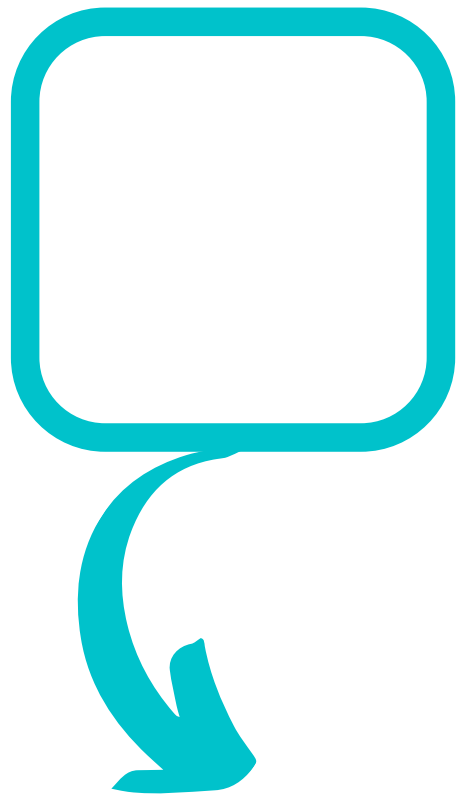
and to jump
from hand to
hand to say Hi

**HIGH
FIVE**

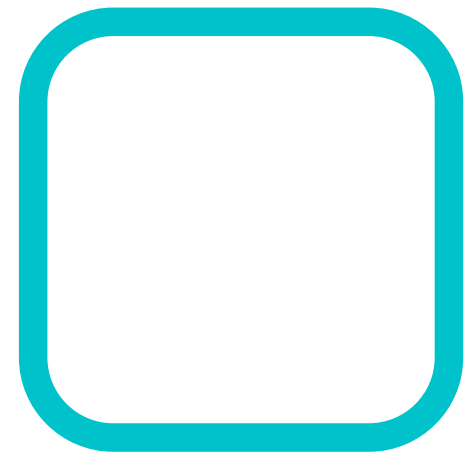


Have you heard about me?

YES



NO



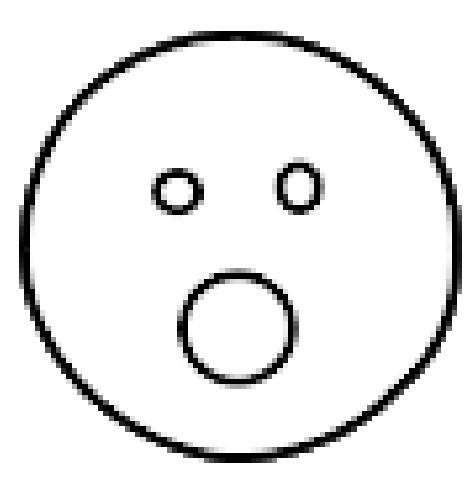
And how do you feel when you hear my name?



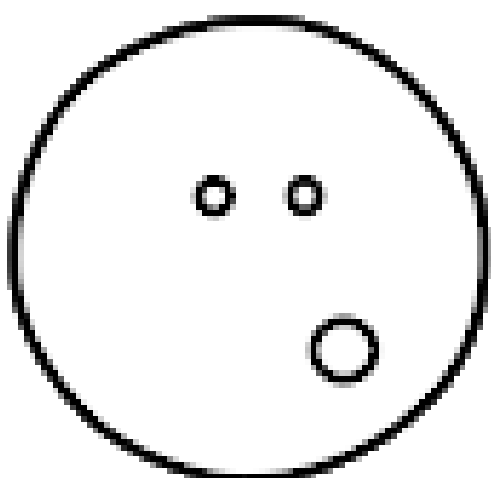
Relaxed



Confused



Worried



Curious

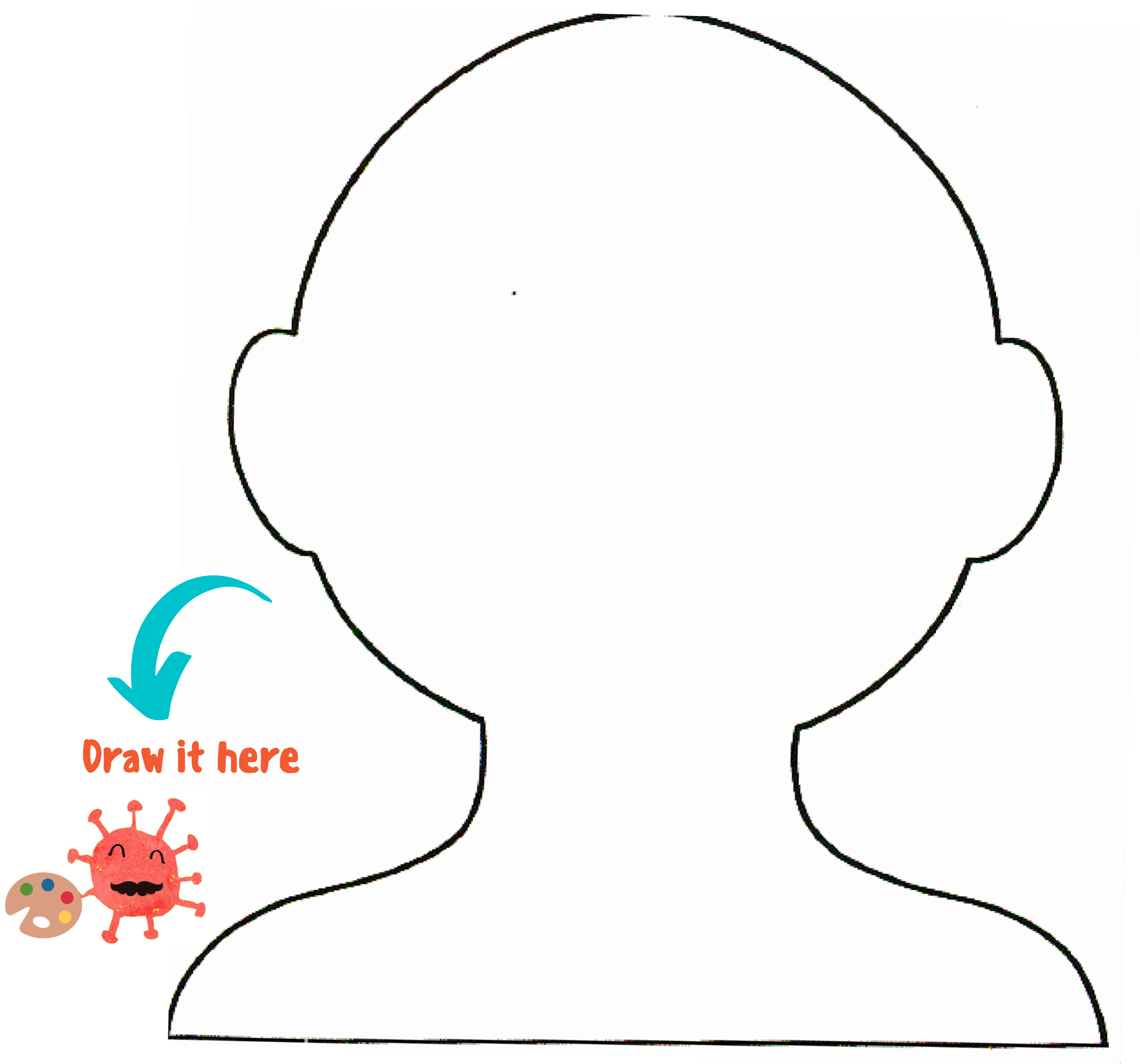


Nervous



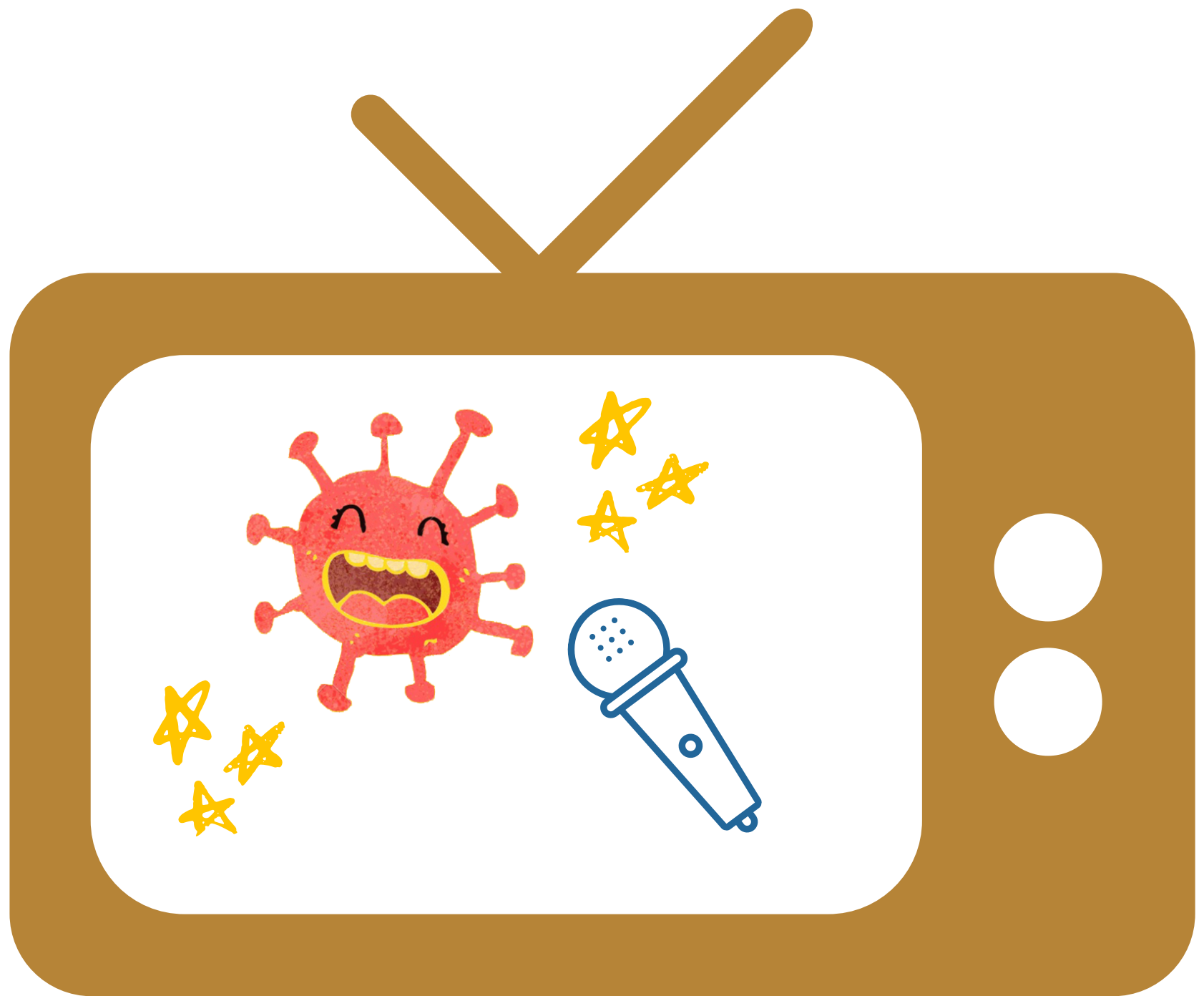
Sad

I can understand you feel...

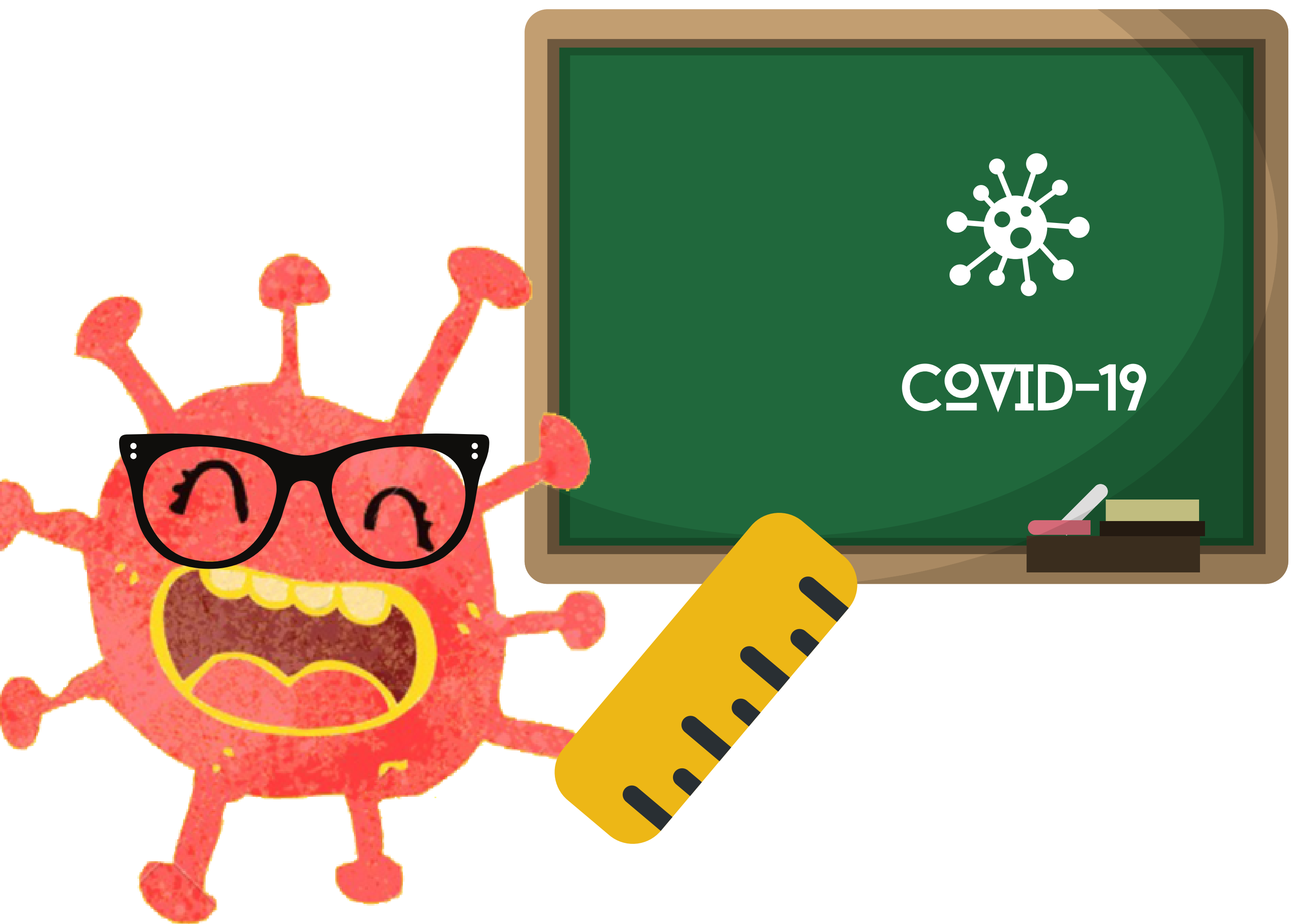


...I would feel the same way

Sometimes adults get
worried when they read
the news or see me on TV



**But I am going to explain
myself...**

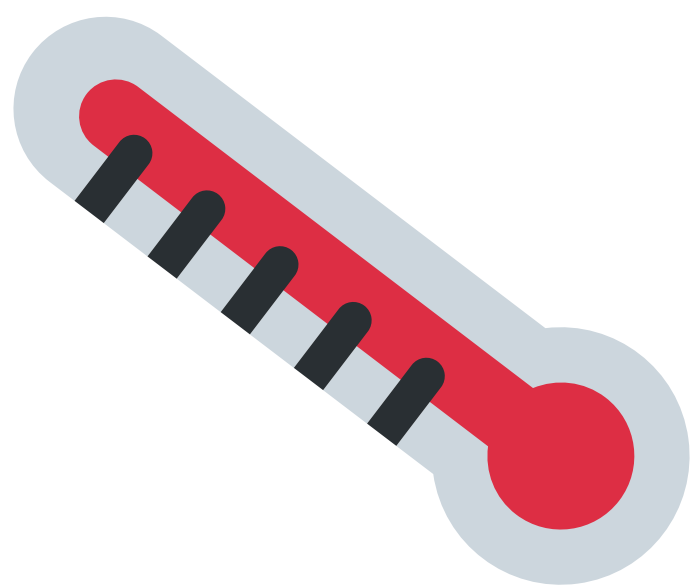


So you can understand...

When I come to visit, I bring...



Difficulty breathing



Fever



Cough

**But I don't stay with
people for long, and almost
everyone gets better**



**Just like when you get a
scrape on you
knee and it heals**

BYE BYE...



Dont you worry!

The adults who take care of you:

will keep you safe



And you can help...

1



**By washing your hands
with soap and water
while singing a song**



**You can sing your favorite song,
the happy birthday song, or the
alphabet song**

2



**By using hand sanitizer
and letting it dry on
your hands**



Without moving them count to 10

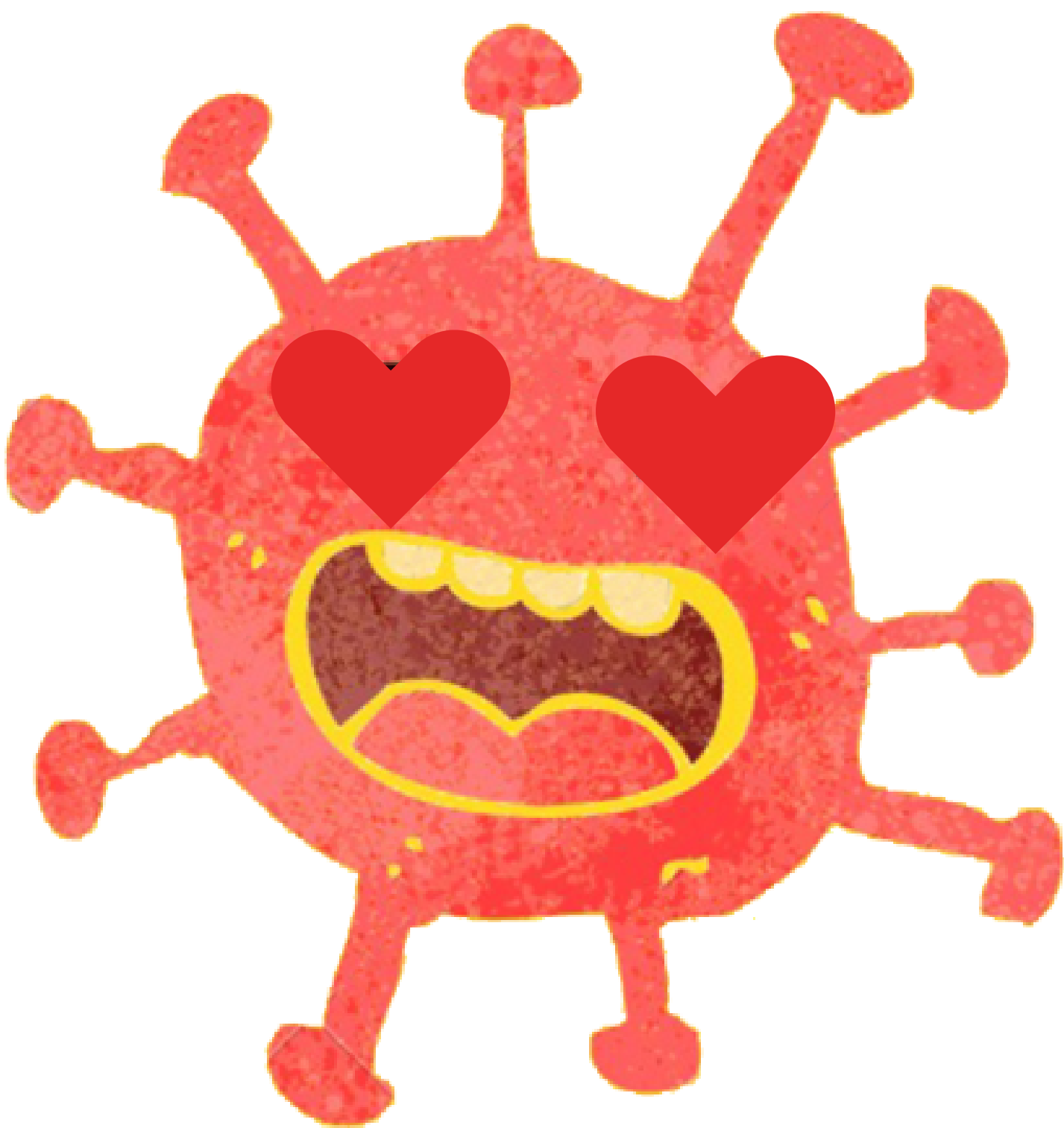
1, 2, 3, 4, 5, 6, 7, 8, 9, 10

**Once your hands are dry you can get
back to playing!!**

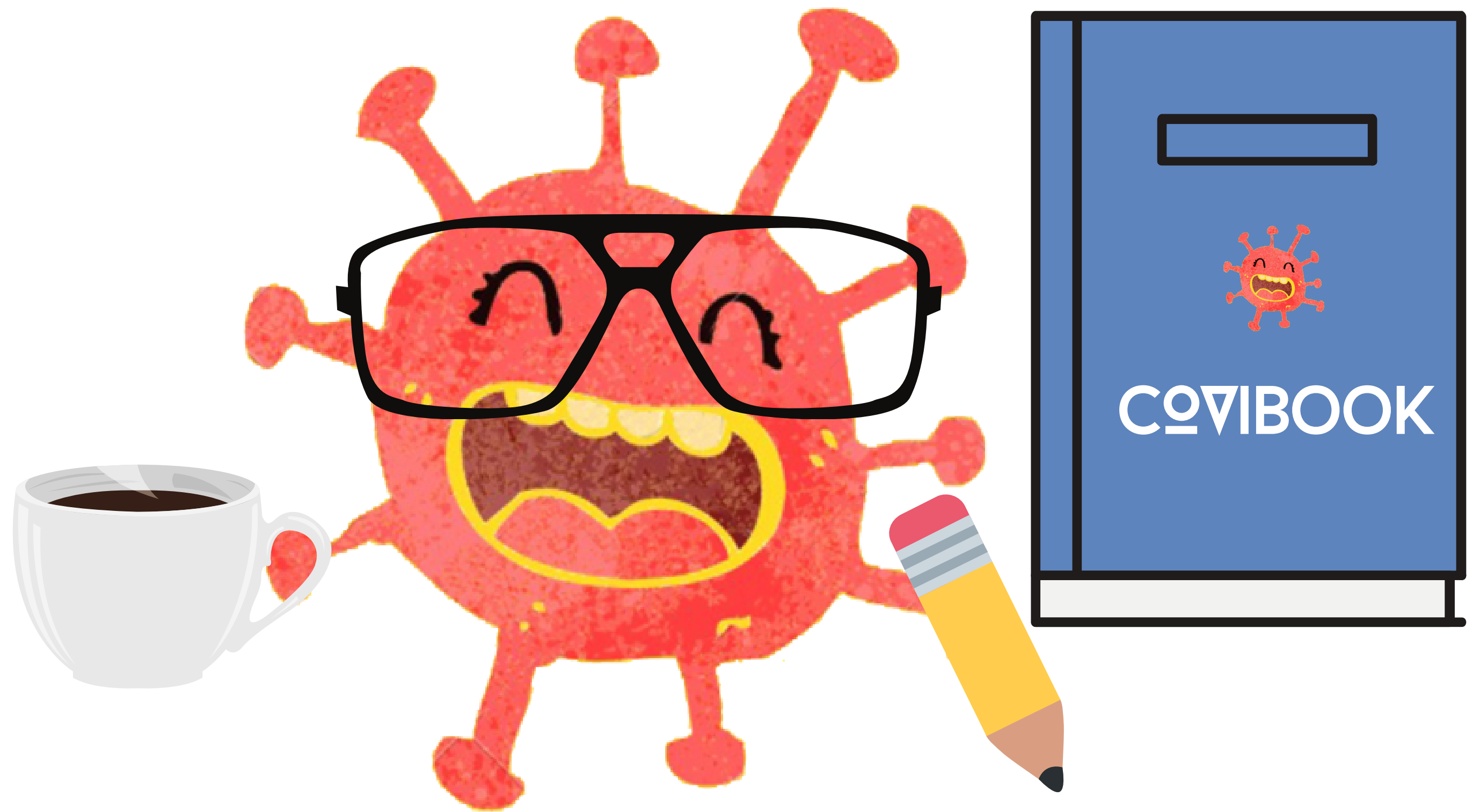
**If you do all that
I will not come to visit**



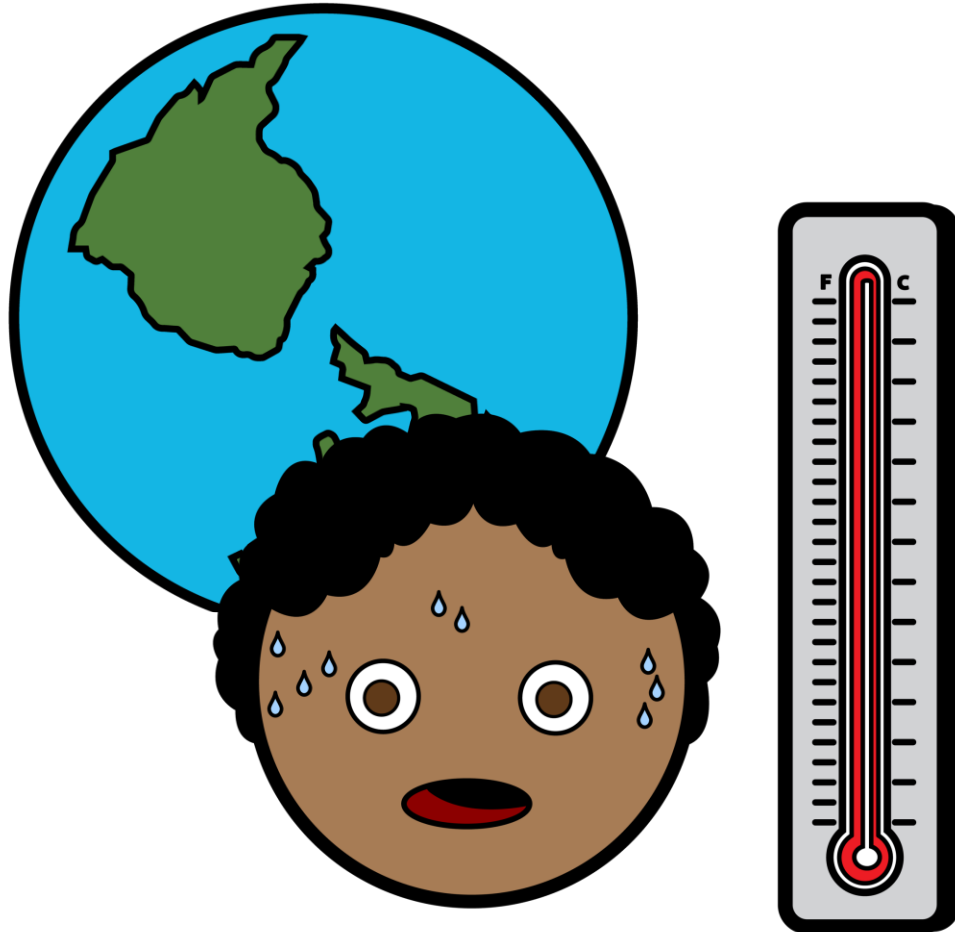
**while the doctors work to find a vaccine
that will allow me to say hi
without getting you sick.**



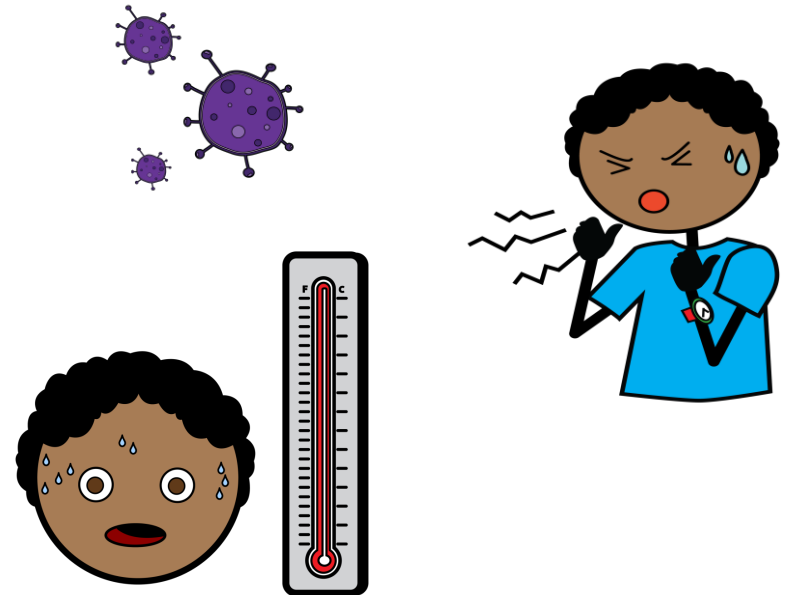
THE END



WHAT IS THE CORONAVIRUS?



The Coronavirus is a virus that can make people feel unwell.



The Coronavirus can also be called
"COVID-19".

COVID-19 / CORONAVIRUS



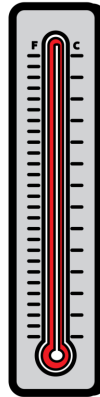
People who have the
Coronavirus may have:



Sore Throat/
Dry Cough



Fever

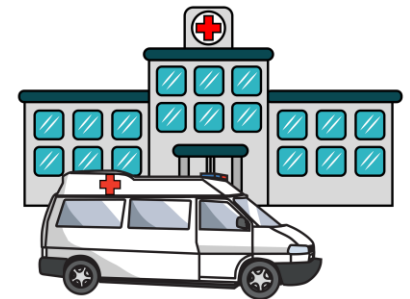


Shortness of breath



Most people who have the
Coronavirus will stay at home
to get better.

Some people who have the
Coronavirus will go to the hospital
to get better.



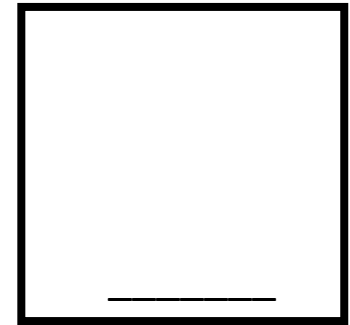
I can help stop the spread of germs by washing my hands with soap and water.

I can take my time when I wash my hands, making sure I wash between my fingers and all over my hands.

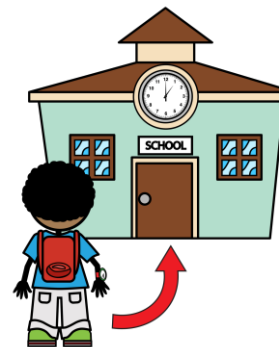
If I can't use soap I can use Hand Sanitizer.



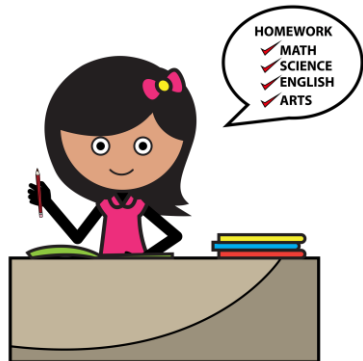
There will be NO
School for



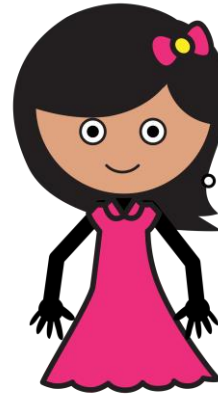
School will reopen again.



I will stay at home while school is closed.



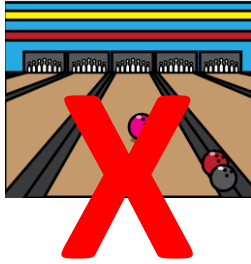
I will complete school-work /homework while I am at home.



I know that I will be safe and I don't have to feel afraid.

I will be safe and happy at home with my family.





I will not be able to go to my favourite places for now.

Once the Coronavirus is gone I will be able to go to my favourite places again.

For Parents/Caregivers

Please note that this document is not a diagnostic tool for the Coronavirus.

It is a social story and by its very nature provides limited specific information.

If you require additional factual information about the Coronavirus please go to the following;

<https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html>

<https://www.who.int/health-topics/coronavirus>