

With the increasing prevalence of Coronavirus, you might be feeling challenged by the change in your routines, the need for social distancing, or the fear and anxiety around the virus and its effects on your family. Your child might also be feeling this way in response to changes in your mood, changes in the daily routine, or changes in your environment. The following tips offer some guidance for supporting your children at this time.



Remain calm and reassure children

- “The leaders in our community have made a plan for us to stay safe. I am going to help you be safe.”
- “We cannot go to grandma’s house right now, but we can Face Time her. She loves you so much, and that would make her so happy!”



Provide positive attention

- If nobody in the household is showing symptoms of illness, use hugs and high fives OR be creative and use “elbow fives” or “feet fives.”
- Use positive facial expressions such as smiles or funny faces.
- Use descriptive praise: “You cleaned up breakfast all by yourself” or “Your brother looked so happy when you read the book to him.”



Teach safety habits

- “We are going to wash our hands for 20 seconds. This will get the germs that could make us sick off of our hands. What song do you want to sing?”
- Show your child how to cover their cough.



Be available by

- Being responsive to your child’s needs: “I see your body has some extra energy today. Do you want to go for a walk or have a dance party?”
- Listening to your child and talking about their feelings: “I know you feel disappointed that you can’t go to school to see your friends.”
- Answering questions: “She is wearing a mask because she is sick and she is keeping us safe by covering her mouth.”



Plan your day

- Communicate the daily schedule using words and visuals about when work time, play time, and family time will happen.
- Involve your child in planning the day: “Do you want to play with blocks or watch a show while I work?” “Do you want to take a walk before or after my phone call?”
- Maintain consistent routines related to sleeping, eating, and physical activity.
- Plan fun family activities for your child to look forward to such as watching a video, going on a scavenger hunt, calling a friend or family member, or family games.
- Create an activity bin of things your child can do safely on their own. Have your child help you choose things to put in the bin.
- Most of all, make a plan but be flexible and prepared that things might happen that disrupt your plans.