



# Parenting with COVID-19



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## How to talk to kids about it?

Here are some ideas for how to talk to children about the coronavirus from the Fred Rogers Center:

- Help your child know that you and the adults in their life are protecting them, and that doctors and nurses and scientists are taking care of people who are sick and working to find vaccines to keep everyone safe. While children need to know it is not their job to stop or fix the virus, you can empower them to be a helper by washing their hands often and covering their nose and mouth if they cough or sneeze.
- Be mindful of what your children hear and see on the news, and try to limit how much they see and hear.
- Ask your child what they have heard about the coronavirus. They may have heard more than you realize, or heard misinformation. Asking them what they know, rather than assuming, will give you the chance to meet them where they are in your conversations.
- Let your child know they can always come to you with questions. If you don't know the answer to a question, it is okay to tell your child "I wonder about that, too" or let them know you will come back to them if you have an answer later.
- Let your child know that their feelings are always safe with you, whether they are feeling worried or sad or anything at all.

NPR also released a comic book which would be helpful - [Just for kids: A comic exploring the new coronavirus](#)

## Keeping a routine

In stressful or uncertain times, it is important to keep a daily schedule for your child. A routine would create predictability, structure and in turn allowing your child to feel safe. This will dramatically decrease your child's level of anxiety and increase their level of growth and creativity. This will build their resilience.

Rather than letting them on their screens for too many hours in a day for the next few weeks (hopefully not months). It is important to empower them to become healthy little beings and be responsible for their own health and growth.

This is a wonderful schedule which has been shared on social media. (I apologies that I could not find the source of who created it.)

I understand that outside fresh air time might not be available for some families, you can substitute it with indoor physical activities or even singing out the window.

\* Key take away - a busy child is a happy child.

# 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

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## Kids are social beings!

As a therapist and a mental health consultant, I encourage my clients and friends to keep their social ties even during social distancing. This does not mean hanging out with friends at a restaurant. It means, reaching out to friends near and far.

This goes the same for your child. Give time and space for their social lives at this delicate time.

- Allow and encourage them to have video chat with their peers. They could share stories, what they learn, or simply showing each other what their home life is like.
- Set up online play time with other families. For older kids, this could possibly be playing online game with friends at a set time.
- Do things together. Involve them when you cook, clean and exercise. Let them lead and direct.
- Encourage your child to have their own space (especially when you are also working from home) as well as space for family time. Family time could look like reading a story together, playing board games, a cuddle party.

\*Key take away - Your child's social life is essential to their overall mental health.

## Things to do at home

### Academic resources:

[Scholastic Learn at Home](#) - Daily curriculum for PreK and Kindergarten, Grades 1 and 2, Grades 3 to 5, and Grades 6+.

[List of Education Companies Offering Free Subscriptions due to School Closings](#)

[Jack Hartmann](#) - Academic music youtube channel

### Physical Activities:

(When using these resources, encourage your child to follow the guide rather than sitting and watching the video. If you are sourcing what is a good fit for your child, try to watch the most popular video in the channel first.)

[GoNoodle | Get Moving](#)

[Koo Koo Kangaroo](#)

[Cosmic Kids Yoga](#)

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**Creative Activities:**

[Project Kid](#) - Arts and craft ideas

[Nightly Met Opera Streams](#) - Free opera streams every night begin at 7:30 p.m. EST

[List of Virtual Museum Tours](#)

[100 activities to do at home during school closures](#)