



Dr. Marcella Chiromo, PhD, our Friendly Educational Psychologist, addresses how educators, parents, and children can come together and work through this difficult time through the lens of social emotional learning.

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ACCURATE INFORMATION

Being informed allows you to make better decisions and gives control over the things that directly impact you. Below are two trusted organizations with accurate information about the COVID-19.

- >>> The World Health Organization
- >>> Centers for Disease Control and Prevention

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SHARE THE INFORMATION WITH YOUR CHILDREN

This is an opportunity to have open dialogue about the state we are in and answer questions. It is also okay to not have answers to every question.

- >>> What is the COVID-19?
- >>> How do I prevent myself from getting it?
- >>> How do I get it?
- >>> How would I know if I have it?
- >>> What do I do if I have it?

These are all questions that we are all thinking about and having the answers to these questions may ease some of our fears and anxiety. The two websites above have additional information that will help you answer these questions.

What is COVID-19 in Kid-friendly Language?

Information sourced from the Center of Disease Control and Prevention

PARENT CONNECTION

What Is Covid-19 In Kid-friendly Language?

WHAT IS THE COVID-19?

COVID-19 (also called Coronavirus) is a new virus that doctors and scientists are still learning about. This virus has made a lot of people sick, but scientists and doctors think that most people will be okay, especially kids. Some people may get pretty sick.

HOW DO I PREVENT MYSELF FROM GETTING IT?

Doctors and health experts are working hard to help people stay healthy. It's important for all of us to work together to follow instructions on how to be well. Here are some ways to help protect against the spread of the virus. Cough or sneeze into a tissue and throw the tissue in the trash right away. Wash your hands often for 20 seconds with soap and water. Singing the Happy Birthday Song twice is about 20 seconds. Keep your hands out of your mouth, nose and eyes. This will help keep germs out of your body.

HOW DO I GET IT?

The virus spreads like the flu, or a cold or cough. If a person who has the Coronavirus sneezes or coughs, germs that are inside the body come outside of the

body. That's because sneezes and coughs can send tiny drops carrying germs into the air.

There is a lot of traveling those germs would have to do to get inside another body, though, and make someone else sick. A healthy person would need to touch those germs that came out of the sneezes and coughs, and then touch their mouth, eyes, or inside their nose. Those are places where the germs can get inside the body.

HOW WOULD I KNOW IF I HAVE IT?

For most people who do become sick with COVID-19, it will feel like the flu; a fever, cough and sometimes having a hard time taking deep breaths. Most people who have gotten the virus have not gotten very sick but it may take a couple of weeks to feel better again. Only a small number of people who get it have had more serious problems.

WHAT DO I DO IF I HAVE IT?

If you do get sick, the adults at home and school will help get you any help that you need.

FRIENDZY.CO

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MODEL BEHAVIORS

It is true that we feed off of what others are feeling. Your children will follow what you do. Anxiety and fear may show up in different ways. It is important to be aware of this and to find ways you and your family can be at ease. Below are some suggestions:

- >>> Stay in the present
- >>> Re-frame what's happening
- >>> Fact check your thoughts
- >>> Deep breathing exercises
- >>> 3-3-3 Rule: Name 3 things you see, 3 things you hear and move 3 parts of your body.

4

DO SOMETHING

In times like these, it is important to keep doing something. Children are at home from school and some parents are home as well, develop a home routine of things you can do together. This will allow the family to feel more connected and secure in this chaotic time. Below are some ideas of what families can do together.

- >>> Have a set wake up and bedtime (maybe nap time)
- >>> Cook meals together
- >>> Watch movies
- >>> Play games
- >>> Play or listen to music
- >>> Have a creative day
- >>> Find ways to move your bodies and get fresh air
- >>> Story telling

During this time, we agree, there is some uncertainty of the situation which is causing anxiety and fear. What we do know is that there are things we do have control over and we are able to do which gives us some ease. Use this time to connect with your families and have conversations about this. We trust that the leaders of this country and the world health leaders are working towards eradicating COVID-19. We all have a part we can play. Be safe.

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