Coronavirus: Tips for Parents, Guardians, and Caregivers

Children look to adults for guidance on how to react to stressful events. If adults seem overly worried, children's anxiety may increase. Here are some tips for talking with your children:

Remain calm and reassuring

- Children need factual, age appropriate information about the disease and how to avoid it
- Remind them that you and the adults at their school are there to keep them safe and healthy
- Let your children talk about their feelings and ask questions

Make yourself available

- Children may need extra time and attention from you
- Tell them you love them, be patient with their feelings and concerns, and give them lots of affection

Avoid excessive blaming

- In times of stress, sometimes we try to blame someone
- It is important to avoid blaming anyone for the virus

Monitor television viewing and social media

- Limit television viewing or access to information on the Internet and through social media
- Talk to your child about how many stories about COVID-19 on the Internet may be based on rumors and inaccurate information
- Be aware of dangerous challenges taking place on social media on places like Tik Tok talk to your child about why these challenges are dangerous if they do hear about them
- Engage your child in games or other interesting activities instead

Maintain a normal routine as much as possible

Keep a regular schedule, as this can be reassuring

Be honest and accurate

- Without factual information, children often imagine situations to be far worse than reality
- Don't ignore their concerns, and be honest and direct when addressing them
- Remind them that the virus spreads through close contact with people, and that is why it is important to protect ourselves

Review and model hygiene and healthy lifestyle practices

- Wash hands frequently for 20 seconds (singing Twinkle, Twinkle Little Star slowly takes about 20 seconds)
- Cover their mouths with a tissue when they sneeze or cough and then throw away the tissue, or cough and sneeze into the bend of their elbow
- Do not share food or drinks
- Get enough sleep





• Eat a healthy diet



Ensure your information comes from reputable sources

Check websites you can trust such as the following for updates such as:

Manitoba Health: https://www.gov.mb.ca/health/

Western School Division: https://www.westernsd.mb.ca/

Manitoba Education: https://www.edu.gov.mb.ca/ Government of Canada: https://www.canada.ca/

Other Resources

There are many meditation apps for kids (available on Apple devices):

Mindful Powers – guides kids through a series of meditations, called "stories", that build on each other. The first 3 stories are free



Smiling Mind – offers mindfulness activities for all ages. There are breathing meditations as well as sensory exercises such as listening to music.

Super Stretch Yoga – can help kids learn the importance of relaxation and breathing. This app teaches 12 different yoga poses

There are many websites that are full of free activity ideas to try:

Science Buddies – this website has hundreds of science projects to try out https://www.sciencebuddies.org/

Wonderopolis: Explore a world full of wonders like why do cats purr? http://www.wonderopolis.org/wonders

