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# Helping Your Child Cope with Covid-19

— Tips and Resources for —  
Parents and Caregivers

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# Adverse Effects of Covid-19 Pandemic on Children

- Social Isolation



Image: <https://rb.gy/k2vgqa>

# Adverse Effects of Covid-19 Pandemic on Children

- Social Isolation
- Loss of daily routine











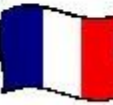









Monday	Tuesday	Wednesday	Thursday	Friday
 A family of three (mother, father, and child) sitting together and reading a book.	 A child sitting at a desk, focused on reading or writing.	 A collection of religious symbols including a red cross, a yellow book, and a yellow church.	 A hammer with a wooden handle and a metal head.	 A child sitting at a table, painting a picture.
 A globe of the Earth on a red stand.	 Two children playing together outdoors.	 A gymnast performing a handstand on a pommel horse.	 A child sitting at a desk, looking at a computer screen.	 A clapperboard with stars and stripes.
 The flag of France (blue, white, and red vertical stripes).	 A blue and yellow microscope.	 A child standing in a kitchen, cooking with a stove.	 A doctor in a white coat examining a child's chart.	 A child sitting on the ground, planting a seedling in a pot.
 A child running outdoors.	 A musical staff with notes.	 A child in an orange jersey playing soccer.	 A group of children sitting together, possibly in a classroom.	 A child painting a picture on a canvas.

Image: Shutterstock.com 1121772968

# Adverse Effects of Covid-19 Pandemic on Children

- Social Isolation
- Loss of daily routine
- Fear, anxiety



Image: <https://rb.gy/lf1mbn>

# Adverse Effects of Covid-19 Pandemic on Children

- Social Isolation
- Loss of daily routine
- Fear, anxiety
- Grief and loss for some

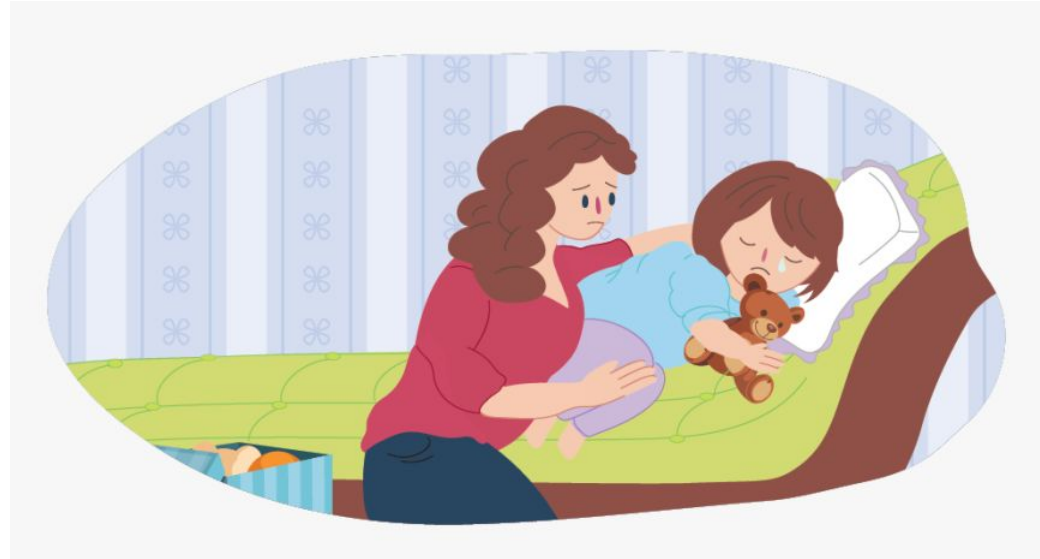


Image: <https://rb.gy/gewaxb>

# Considerations for Parents

- Know the symptoms of Covid-19

## Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

**\*Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



# Considerations for Parents

- Know the symptoms of Covid-19
- Take time to talk



Image: Shutterstock.com 1121772968

# Considerations for Parents

- Know the symptoms of Covid-19
- Take time to talk
- Keep explanations age-appropriate



Image: <https://bit.ly/3dtOpTs>



# Considerations for Parents

- Know the symptoms of Covid-19
- Take time to talk
- Keep explanations age-appropriate
- Be honest and accurate



Image: <https://bit.ly/3hSvS6R>

# Considerations for Parents

- Know the symptoms of Covid-19
- Take time to talk
- Keep explanations age-appropriate
- Be honest and accurate
- Monitor exposure to media

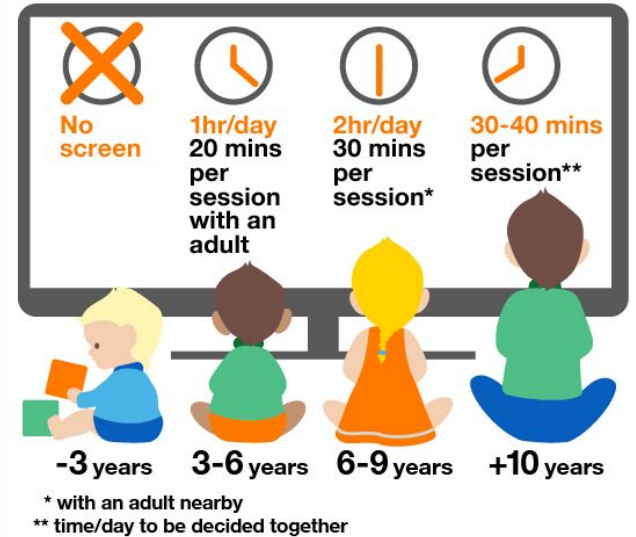
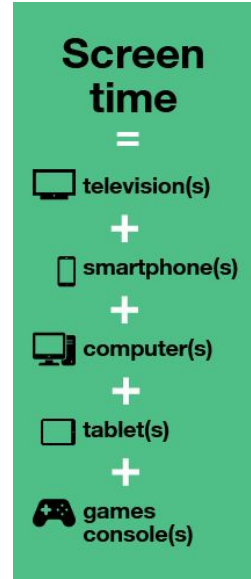


Image: <https://oran.ge/3hUaWMP>

# Considerations for Parents

- Know the symptoms of Covid-19
- Take time to talk
- Keep explanations age-appropriate
- Be honest and accurate
- Monitor exposure to media
- Keep routines in place & establish a dedicated learning space

*Our Day at Home*

<i>Time</i>	<i>Activity</i>
6:00 am	
7:00 am	<b>WAKE UP, BREAKFAST</b>
8:00 am	<b>CHORE TIME</b>
9:00 am	<b>ACADEMIC TIME</b>
10:00 am	<b>SNACK, OUTSIDE TIME</b>
11:00 am	<b>CREATIVE TIME</b>
12:00 pm	<b>LUNCH</b>
1:00 pm	<b>EDUCATIONAL VIDEO/APP*</b>
2:00 pm	<b>REST/READING/FREE TIME IN ROOM*</b>
3:00 pm	<b>SNACK</b>
4:00 pm	<b>OUTSIDE/PLAY TIME</b>
5:00 pm	<b>DINNER</b>
6:00 pm	<b>FAMILY TIME/BATHS</b>
7:00 pm	<b>FREE TIME IN ROOM*</b>
8:00 pm	<b>BEDTIME</b>
9:00 pm	

# Considerations for Parents

- Know the symptoms of Covid-19
- Take time to talk
- Keep explanations age-appropriate
- Be honest and accurate
- Monitor exposure to media
- Keep routines in place
- Be aware of changes in your child's mental health



Image: <https://bit.ly/2NDIW3r>

# Supporting Your Child at Home

**Stay calm. Listen. Offer reassurance**

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**Model  
Good  
Practices**

Coping  
Strategies

Dedicated  
Learning  
Space

Self- Care

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Self- Care

# Coping Strategy #1: Deep Breathing

- Deep breathing is a *calming* strategy
- Deep breathing can be done while standing up, sitting straight in a chair, or while laying down
- Here are some videos of guided breathing you can practice with your child:
  - Square Breathing: <https://www.youtube.com/watch?v=YFdZXwE6fRE&t=85s>
  - Rainbow Breaths: <https://www.youtube.com/watch?v=O29e4rRMrV4&t=176s>
  - Hot Chocolate Breaths: <https://www.youtube.com/watch?v=LVpo27BfGME>



Image: <https://rb.gy/ducod8>



# Coping Strategy #2: Feeling Identification

- Children are better equipped to manage difficult emotions when they can label their feelings
- Feeling identification is a skill needed for problem solving and self-advocacy
- Here are some tips for parents/caregivers to support the development of a strong emotional vocabulary:
  - Name the feeling
  - Identify feelings in others
  - Encourage with praise
- Feelings Wheel worksheet: <https://rb.gy/5hlv2e>
- Match the Emotions worksheet: <https://rb.gy/jaz7ub>
- Listen— In My Heart: A Book of Feelings: <https://rb.gy/zc1w6l>



# Coping Strategy #3: Problem Solving

- Benefits of teaching children problem solving skills:
  - Build self-confidence
  - Increased independence
  - Promote self-sufficiency
- Parents and caregivers can help children develop problem solving skills by:
  - Teaching basic problem solving skills:
    - Think of 3-4 different ways to solve the problem
    - Brainstorm the pros and cons of each solution
    - Pick one solution and put it into action
    - Keep trying if the solution does not work
  - Engaging in problem solving discussions together
  - Helping children focus on what is in their control vs. what is out of their control
    - FREE Circles of Control Worksheet:  
<https://www.teacherspayteachers.com/Product/Circles-of-Control-Worksheet-3103278>

## 5 Steps to Problem-Solve!

**1. Identify the problem**

**2. Brainstorm solutions**

**3. Evaluate**

**4. Try it!**

**5. Check in**



HaltonParents

[halton.ca/haltonparents](http://halton.ca/haltonparents)

Image: <https://rb.gy/4yys9t>

# Supporting Your Child at Home

Stay calm. Listen. Offer reassurance

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**Dedicated  
Learning  
Space**

Self- Care

# Creating a Dedicated Learning Space at Home

## Considerations for Physical Space

- Quiet, free of distractions
- Access to a table and chair
- Use of a timer or clock
- Involve your child in designing/personalizing the workspace.
- Post a copy of the daily schedule as a reference.

## Fostering a Positive Approach to eSchool

- **Consistency with expectations**
  - Provide specific positive praise each time your child completes their homework on time “Great job on getting your homework done on time! I am so proud of you for being responsible.”
  - Set clear consequences for when tasks are not completed and apply them consistently.
- **Predictability in routine**
  - Wake up, eat breakfast, log onto Google Meets, complete classroom assignments at the same time each day
  - Help your child prepare for the day by having a set nighttime and morning routine in place
- **Follow-through**
  - Consistently apply positive praise, or consequences when applicable

# Supporting Your Child at Home

Stay calm. Listen. Offer reassurance

Model  
Good  
Practices

Coping  
Strategies

Dedicated  
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Space

**Self-  
Care**

# Multi Tiered System of Supports

- Common Core
- State Assessment
- District Assessment
- Intervention supports



- Positive Behavior Supports (PBS)
- Character Counts (CC)

- Second Step (K-5)
- Health Curriculum Standards (6-8)
- Intervention supports

Image: <https://bit.ly/2YsoabP>

# School Contacts

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# Covid-19 Related Resources

[Helping Children Process Grief and Loss During Covid-19:](#)

[Coping Strategies to Help your Child Cope with Covid-19](#)

[Coronavirus Resources for Families | Mental and Emotional Health](#)

[Coronavirus Resources for Families | Self Care for Parents](#)

[Coronavirus Resources for Families | Routine and Structure](#)

[PBS Kids: How to Talk to Your Kids About Coronavirus](#)

[Coping Skills for Dealing with the Coronavirus](#)

[Free Downloadable Book on Covid-19 for Children](#)

[Imagine Neighborhood](#): Podcast to help kids and parents grow their social emotional skills

[Mind Yeti](#): Research-based guided mindfulness sessions



# References

[Centers for Disease Control and Prevention \(CDC\)](#)

[Child Mind Institute](#)

[National Association of School Psychologists \(NASP\)](#)

[The National Child Traumatic Stress Network \(NCTSN\)](#)

[The Importance of Play in Promoting Healthy Child Development and Maintaining Strong Parent-Child Bonds](#)

[How Will Social Isolation During COVID-19 Affect Our Kids?](#)

[Helping Children Process Grief & Loss During COVID-19](#)

[Helping Children Process Grief & Loss During COVID-19](#)

[Helping kids identify and express feelings](#)