

10 Tips for Parents and Children During COVID-19 Quarantine

- 1. Talk to your children about COVID-19 in an age appropriate manner.** Children are looking to adults for guidance on how understand and react to stressful situations. Calmly providing an age appropriate explanation and reassurance will put children's worries at ease.
 - **PBS:** <https://www.pbs.org/newshour/health/10-tips-for-talking-about-covid-19-with-your-kids>
 - **CDC:** <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>
 - **Department of Health and Human Services:** <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>
- 2. Name feelings.** During this time of stress, parents and children will experience a range of intense emotion. Talking about feelings in relation to COVID-19 will help. Research shows that naming emotions supports children (and parents) in feeling seen, heard and understood. In addition, it helps regulate emotions so that we can regain capacities to think and problem solve, which are essential these times.
 - **"I can see that you are worried. You are asking so many great questions."**
 - **"I know you are really frustrated that we are not able to go to the store or recreation center."**
 - **"Mom is really stressed right now but you don't need to worry. Mom can take care of it."**
- 3. Learn at home.** It is beneficial for children to continue to learn while at home, to challenge themselves and discover new things. It will help prevent them from feeling stir crazy.
 - **Scholastic offers daily projects:**
<https://classroommagazines.scholastic.com/support/learnathome.html>
 - **PBS kids 24/7 channel with education series, games app and parent website for further information and tips:**
<https://pbskids.org/grownups/>
 - **Online tours of museums and zoos:**
 1. <https://theknow.denverpost.com/2020/03/19/denver-art-virtual-tours-classes-coronavirus/235636/>
 2. <http://cincinnatizoo.org/news-releases/cincinnati-zoo-is-bringing-the-zoo-to-you/>
 3. <https://www.usatoday.com/story/tech/2020/03/16/social-distancing-free-virtual-tours/5060244002/>
 - **Other ideas include cooking, art projects, puzzles, board games or writing letters**
- 4. Discussing and creating a schedule that works for your family.** Consistency and predictability are key to managing anxiety. Sit down with your family to create a schedule that allows for time for work, play and relaxation.
 - **San Jose Mercury news has a printable and customizable schedule maker:**
<https://www.mercurynews.com/2020/03/15/what-to-do-with-kids-out-of-schools-closed-by-coronavirus-use-this-free-schedule-maker-to-plan-the-day/>
 - **Another option:** <https://www.canva.com/create/weekly-schedules/>

5. **Find a time during the day to do what helps you relax.** It's important to do this as a family but equally important to allow for time alone. Allowing for alone time will support feeling recharged and less overwhelmed.
 - **Reading a book, crafts, handiwork around the house, having a cup of tea or special comfort food**
 - **Creating a “chill out corner” can also be helpful for young kids, you can include blankets, pillows, books, fidget toys, etc.**
6. **Stay in touch with friends and family members.** It is vital during an isolation period to still feel connected to others. By doing so, you have an outlet to share what's going on with yourself and others. We're all in this together!
 - **Call a friend or video chat**
 - **Write letters**
7. **Keep moving.** It is very important to still move our bodies while being stuck at home. This not only is important for our physical health but necessary for our mental health.
 - **Play sports (soccer, basketball, football, etc.)**
 - **Yoga:** <https://www.youtube.com/user/CosmicKidsYoga>
8. **Get Outside.** It is a challenge to be inside all day, especially for young children that have never ending energy. Create time each day for you to step time outside. The fresh air will be good for you and your child.
 - **Go for a bike ride or walk**
 - **Start a small garden**
 - **Make a picnic**
 - **Make a scavenger hunt looking for birds, bugs and plants.**
9. **Limit news.** For your mental health and the mental health of your children, limit the news. Find a balance between staying informed and managing your family's anxiety. Limit yourself to checking the news in the morning, mid-day and after work.
10. **Take it day by day and have compassion for yourself.** It is hard to predict what will happen tomorrow, next week or in a month. Thinking of all the what-ifs associated with the future can generate stress and anxiety. Take it day by day and do so with compassion. This situation is new to all of us and we are all doing the best we can. Be nice to yourself!

Call our Warm Line at (303)245-4418 for additional support.

