

# Mindful Moment Volume 1

## Covid-19 & Kids

We understand that this is a stressful time for families. Our routines have been broken, we miss our friends & teachers and outside recess is not nearly as fun when you are by yourself!

We thought we'd put together some tips and tricks to help our school community as we struggle to navigate this unprecedented time.

1. Limit talk of Covid-19 when children are present. Children are sponges and they are always listening (even when they are not in the room...some kind of super power perhaps!) While it is important to talk to your kids about Covid-19, stick to the facts and limit the information presented.

*For example: "COVID-19 is a new kind of virus. It can also be called coronavirus. Viruses can make people sick. COVID-19 makes most people only a little bit sick, but can make a very small group of people really sick. So that's why everyone is working hard to take care of it."*

2. Restrict your child's access to media where possible. Children's brains are not developed enough to filter out information presented through the media. Nightly news programs and live updates on the Corona Virus are scary for adults so imagine how terrifying they can be for children.
3. Try to keep some sense of routine and 'normalcy' where possible. Try to keep a regular bedtime routine, get dressed in 'school' clothes daily, brush those teeth, etcetera (It's the small little routines that children miss the most, teachers too).
4. Be patient....we are all doing the best we can! Be patient with yourselves! You do not have to provide 6 hours of schoolwork per child per day! Spoiler alert: School is not all work, we like to have fun too!!!

5. Remind yourself and your kids that this will NOT last forever. We will get back to school and our regular busy lives.

Remember that we are all in this together.

Mrs. Primmer & Mrs. Billard Penney

Your friendly neighbourhood guidance team!

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

