

Talking to Children About COVID-19 (Coronavirus): A Parent Resource

Dear Plainview-Old Bethpage Families, Below are resources for parents/guardians and children. Please refer to these resources to help speak with your child about COVID-19. After reviewing this, if you are still at a loss for how to address this with your child, I am available to help you through this, please email me: szeidner@pobschools.org with any and all questions/concerns. Please email me if you'd like to speak via phone. I am also available to FaceTime/Skype during the week.

All my best, Stephanie Zeidner, POB Elementary School Counselor

For Parents/Guardians Please click on the [underlined red](#) titles to access articles.

- [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#) (PDF, English)

Article Translated in Spanish, Amharic, Chinese, Korean, French & Vietnamese:

[Hable con sus hijos sobre el COVID-19 \(Coronavirus\) Un recurso para padres](#) (PDF, Spanish)

[ከ COVID-19 \(ኮሮና ቫይረስ\) ከልጆች ጋር ከለመነጋገርያወላጅ መገልገያ](#) (PDF, Amharic)

[和孩子談論COVID-19\(冠狀病毒\)家長資源](#) (PDF, Chinese)

[COVID-19\(코로나바이러스\)에 관해 자녀와 이야기하기부모 리소스](#) (PDF, Korean)

[Parler aux enfants du COVID-19 \(Coronavirus\) Une ressource pour les parents](#) (PDF, French)

[Nói Chuyện với Trẻ Em về COVID-19 \(Coronavirus\) Tài Nguyên cho Phụ Huynh](#) (PDF, Vietnamese)

Cliff Notes:

- **Remain calm and reassuring-** Children will react to and follow your verbal and nonverbal reactions
- **Make yourself available-** Be available to simply listen to all concerns and thoughts in a loving and accepting way.
- **Avoid excessive blaming-** It is important to avoid stereotyping any one group of people as responsible for the virus.
- **Monitor television viewing and social media-** Speak to your child about how many stories about COVID-19 on the Internet may be based on rumors and inaccurate information.
- **Maintain a normal routine to the extent possible-** This may seem difficult due to them being out of school for an extended amount of time, but continuing to keep to a schedule outside of school is important.
- **Be honest and accurate.**
- **Know the symptoms of COVID-19-** The CDC believes these symptoms appear in a few days after being exposed to someone with the disease or as long as 14 days after exposure, Fever, Cough, Shortness for breath, For some people the symptoms are like having a cold; for others they are quite severe or even life threatening. In either case it is important to check with your child's healthcare provider (or yours) and follow instructions about staying home or away from public spaces to prevent the spread of the virus.
- **Review and model basic hygiene and healthy lifestyle practices** for protection.
- **Discuss new rules** or practices at school.

*Source-<https://tinyurl.com/udox73h>

- [Talking to Kids About the Coronavirus](#)

Resources For Children

- [Coronavirus Student Guide: Explanations and News Updates](#)
- [Coronavirus](#)- Video geared towards children in 2nd-5th grade- It can be scary to hear about a disease outbreak, but learning the facts can help ease your mind. A new coronavirus—a type of virus named for its crown-like shape—emerged in Wuhan, China in 2019, and then spread to people around the world. While the most severe cases often dominate the headlines, they’re not the whole story. Most coronavirus cases have been mild, and healthy bodies can fight off the infection on their own. Find out more about how viruses work, and the best ways to prevent them from infecting more people. Viruses can’t spread without our help, so click below to learn how *not* to help them!
- [What Is A Virus ? | Best Learning Videos For Kids | Dr Binocs | Peekaboo Kidz](#)
Explaining what a virus is for children in grades K & 1.

Helping Your Child Deal with Stress

- *Article:* [Coping with Stress During Infectious Disease Outbreaks](#)

Below outlines activities you can do to help your child with anxious feelings that may arise during this difficult time.

Tip: Try these activities when your child is at their calmest, and you have time to have a conversation about each item they choose to write down. Also, give your child the option to draw or write each response. Remind your child that while we cannot control this virus, we can control how we protect ourselves (i.e. washing hands).

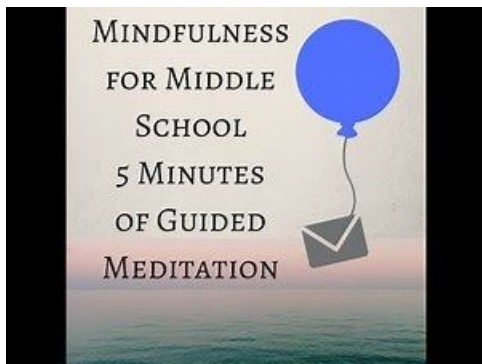
- [In My Control School Counseling Activity](#): One quick activity you can use with an anxious child to help ease worries. This is a powerful concept and can help kids feel more “in control” during situations when they feel “out of control”.



- [Circles of Control](#) Along similar lines to the above activity, here is another visual that can be used to help ease anxieties towards an event we cannot control.

Practicing Mindfulness is a great way to cope with any stressors. Below are some mindfulness videos you can try with any age (even for adults). I suggest practicing and watching these with your child:

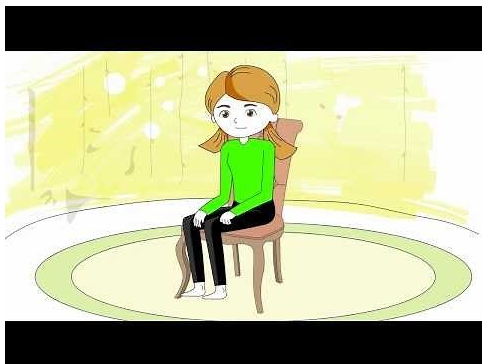
- [5 Minute Mindfulness Meditation "Blue Balloon" with Guided Prompts and Music for Middle School](#)



5 Minute Mindfulness Meditation "Blue Balloon" with Guided Prompts and Music for Middle School

"Blue Balloon" is a 5-minute mindfulness meditation session with guided prompts.

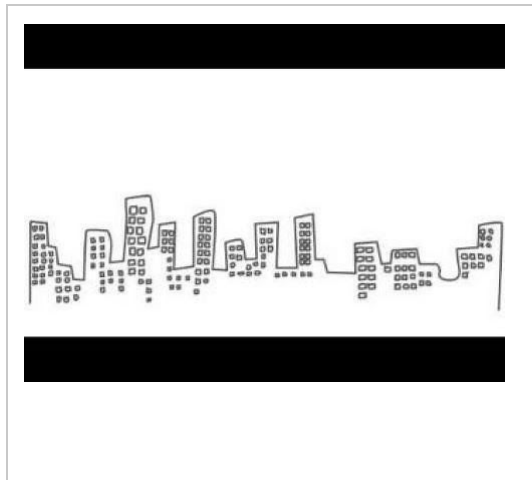
- [3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults](#)



3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults

Able takes you through body scan meditation. Kids love this and so do parents and educators. In Mindfulness for kids, Shamash Alidina describes the body scan as a way to get in touch with the body, let go of feelings of needing to get stuff done, and release pent-up emotions.

- [2 minute mindfulness - visual mindfulness exercise](#)



2 minute mindfulness - visual mindfulness exercise

Mindfulness isn't the same as meditation.

There are thousands of ways to bring mindfulness to your day. This is a quick and easy visual exercise to really notice the world around you. Enjoy!

Additional Resources

- [Coronavirus Disease 2019](#) Centers for Disease Control
- [Handwashing and Hand Sanitizer Use at Home, at Play, and Out and About.](#)
- [Parent and Community Printables for the Coronavirus: Prevention Tips](#)
- The Nassau County Department of Health- 516-227-9570
- The New York State Department of Health- 888-364-3065

