



HOW TO EXPLAIN COVID-19 TO YOUR ANXIOUS CHILD

1

FOCUS ON THE FACTS

Focus on the facts, understand the fear. In times like these, sit with the uncertainty of it all and minimise overacting. Avoid trying to predict the future. Focus on hope more than fear.

2

ACKNOWLEDGE & MANAGE YOUR OWN ANXIETY

check in with your own feelings and if you notice a lot of stress, practice relaxation techniques, when we do this our voice and actions are less tense.

3

START WITH A QUESTION. FOLLOW WITH FACTS

Ask gently "how are you doing?" If they are worried or scared or have questions about COVID-19, have a well informed age appropriate discussion.

4

LIMIT NEWS EXPOSURE

Decrease your screen time in common family areas of your home. If necessary, read news reports discretely on your phone away from your children.

5

MAINTAIN A ROUTINE

Try to put in place a reliable and realistic daily home routine; carve out time for academics, exercise & entertainment. Regularity is calming and reassuring.

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HOW TO ESTABLISH STRUCTURE & ROUTINE DURING COVID-19

1 USE THE FIRST WEEK TO EXPERIMENT

Do not over-pressure yourself to create a perfect day. Instead look through their school books, quiz them on what they already know and divide up your day such as morning, afternoon, evening with activities in each. These can be educational and fun for everybody. Give them regular free-time throughout the day. Kids learn through unstructured play too.

2 RECORD YOUR DAY AS YOU GO

Jot down the sequence of your day as you go. Record the times, or put on alarms on your phone of every 1-2 hours to see what you've accomplished. Review what worked well and what needs improvement at the end of the day. Create the routine for the following day based on this. Get your kids input too.

3 KEEP UP WITH THE REGULAR RULES

To ensure some maintenance of normalcy, its important to keep up with the regular rules of the house, such as cleaning up after ourselves. If rules aren't in place, this is an ideal time to create them. Get your kids input, their buy-in will support their compliance.

4 MIX IT UP

Once you have your routine and structure in place, its ok to make room for variety, such as science can be at the beach learning about sealife. Or math can also be music time where they make a rap to learn multiplications, or life skills can be used to level up their chores, such as learning how to do laundry.

5 WHEN IN DOUBT, REACH OUT

Ask classroom teachers, phone professionals in your community, or ask trusted persons on social media for ideas. We might be social distancing but that does not mean we can't utilise our usual and new resources. When googling ideas, ensure it's from a reputable source such as a doctor or professional.

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CONTACT FAMILY RESOURCE CENTRE AT 949-0006 OR FRC@GOV.KY