

# Top 5 COVID 19 Resources: Communicating About COVID 19 with Young Children

## NCPMI : Tips for Helping Your Child During the Pandemic

**NCPMI**  
Tips for Helping Your Child During the Pandemic

As the coronavirus pandemic of 2020 unfolds, parents often find themselves concerned, or stressed, about the possibility of their child or children contracting COVID-19. You can help your child feel more confident and prepared by providing them with age-appropriate information about the virus, how it is spread, and how to prevent it. This infographic provides tips for helping your child feel more confident and prepared during this time.

- Be available**
  - Children may have questions about the virus, how it is spread, and how to prevent it. Be available to answer their questions in a way that is age-appropriate and reassuring.
- Let them know they are safe**
  - Children may feel scared or worried about the virus. Let them know that you are taking steps to keep them safe and that they are loved.
- Teach your child things they can do to help**
  - Children can help by practicing good hygiene habits, such as washing their hands and covering their coughs and sneezes.

## NCPMI : Helping Your Child During the Pandemic

**NCPMI** Helping Your Child During the Pandemic

With the ongoing pandemic of COVID-19, it's important to help your child feel confident and prepared. This infographic provides tips for helping your child feel more confident and prepared during this time.

- Remain calm and reassure children**
  - Children may feel scared or worried about the virus. Let them know that you are taking steps to keep them safe and that they are loved.
- Practice positive activities**
  - Children can help by practicing good hygiene habits, such as washing their hands and covering their coughs and sneezes.
- Teach safety habits**
  - Children can help by practicing good hygiene habits, such as washing their hands and covering their coughs and sneezes.
- Be available by**
  - Children may have questions about the virus, how it is spread, and how to prevent it. Be available to answer their questions in a way that is age-appropriate and reassuring.
- Plan your day**
  - Children can help by practicing good hygiene habits, such as washing their hands and covering their coughs and sneezes.

## 10 things you can do to prepare for returning back to school

**SCHOOL** 10 things you can do to prepare for returning back to school

- Practice Hand Hygiene**
  - Wash hands often throughout the day. Teach them to sing their ABCs or have them count for at least 20 seconds every time they wash their hands. It is essential that hands are washed for the full duration of the song.
- Practice Proper Mask**
  - Children 2 years old and older should be required to wear a mask on the bus, upon entering school. A written notification from the school is required to not learn the skills of how to wear a mask when they get out.
- Practice 6ft of Distance**
  - Measure the distance on the floor. Consider temporarily buying pieces of paper placed to a mark.
- Practice a Temperature**
  - Check your child's temperature every morning. If 100.4 or higher, it is a sign of illness. If you have the child fever, they should not be allowed to go to school. If you have the child fever, they should not be allowed to go to school.
- Minimize Face-to-Face**
  - When possible, keep your child's face-to-face contact to a minimum. Consider having or buying multiple masks to give your child to swap them between use.
- Update Immunizations**
  - Check that your child is up to date on all immunizations. Contact your child's pediatrician for an appointment. Immunizations can also be obtained at the Health Dept.
- Change Activities**
  - Change activities and routines at home. Consider a routine for school. Speak with your child's pediatrician to update the school's return plan.
- Practice Handwashing**
  - Wash hands often throughout the day. Teach them to sing their ABCs or have them count for at least 20 seconds every time they wash their hands. It is essential that hands are washed for the full duration of the song.
- Update Immunizations**
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- Practice Handwashing**
  - Wash hands often throughout the day. Teach them to sing their ABCs or have them count for at least 20 seconds every time they wash their hands. It is essential that hands are washed for the full duration of the song.

## Answering Your Young Child's Questions About Coronavirus

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En español | Mar 16, 2020

Here are some age-appropriate responses to the common questions a toddler might have about coronavirus.



## Podcasts to Help Families and Educators during COVID-19

**Podcasts**

- WEARING LOVE YOU BETULO INTO THE DAY**
  - Learn how to help your child feel safe and secure during this time. Listen to this podcast for more information.
- TEACHING CONFLICT RESOLUTION TO YOUNG CHILDREN**
  - Learn how to help your child develop social skills and resolve conflicts. Listen to this podcast for more information.
- WISDOM WILL HEAL FROM TEARS AND LOSS**
  - Learn how to help your child cope with grief and loss. Listen to this podcast for more information.
- HOW TO HELP CHILDREN MANAGE RAGE**
  - Learn how to help your child manage anger and frustration. Listen to this podcast for more information.
- RESISTING WITH COURAGEOUS DISOBEDIENCE**
  - Learn how to help your child resist peer pressure and stand up for their beliefs. Listen to this podcast for more information.
- MANAGING ANXIETY - HOW TO HELP CHILDREN NAME, CLEAN AND TALK THEIR FEELINGS**
  - Learn how to help your child manage anxiety and stress. Listen to this podcast for more information.
- MANAGING THE STRESS OF YOUR CHILDREN DURING THE COVID-19 PANDEMIC**
  - Learn how to help your child manage stress and anxiety. Listen to this podcast for more information.
- THE POWER AND POTENTIAL OF FAITH**
  - Learn how to help your child find hope and inspiration. Listen to this podcast for more information.

Click [Here](#) for more COVID 19 Resources!