



Child and Family Centre

How to talk to our children about Covid-19

Having a conversation about Covid-19 with your child may be a worry for you?

We hope that this information provides some ideas to help you through this conversation.

Follow your Child's Lead

We want to follow our child's lead so if they want to talk, great, but if they do not want to talk, that is okay too. For our younger children, we may want to say *'Have you heard grown-ups talking about a new sickness?'* For our older children we may want to say *'What have you heard in school about Covid-19? Or what are your friends saying about Covid-19?'*

We want to be honest and truthful with our children but also make sure that the conversations we have with our children are age-appropriate and we are asking questions and/or using words that would be easily understood by our children.

If your child asks questions, answer them, but do your best to not over talk the situation if your child is not showing any interest in learning more. We want to do our best to speak calmly and reassuringly with our children allowing them to express any fears they may have and know that you are there for them.

There is a lot of information in the media about Covid-19. Ensure your child understands what is being shared if they are watching television and have questions.

If your child shows worry about family members try to give them a call, send them an email, or visit with them via video chat.

Deal with your own anxiety.

When you are feeling anxious or panicked, that isn't the time to talk to your kids about what's happening with the coronavirus. If you notice that you are feeling anxious, take some time to calm before trying to have a conversation or answer your child's questions.

"Most your kids will remember how their family home felt during the coronavirus panic more than anything specific about the virus. Our kids are watching us and learning about how to respond to stress and uncertainly. Let's wire out kids for resilience, not panic." From Registered Early Childhood Educators Group, @RegisteredEarlyChildhoodEducators, March 13, 2020.

We are here for you!

If you would like to speak to a member of the EarlyON Team, please call us at 519-666-3227.

You will be invited to leave a message and an EarlyON Facilitator will return your call.

You can also email earlyon@middlesex.ca

Help your child understand ways they can stay healthy

Talk with your children about ways they can help to keep themselves healthy including:

- getting enough sleep
- washing their hands more often and for at least 20 seconds
- eating healthy snacks and meals
- coughing into their elbows
- talking through their fears as they come up

Help your Child Maintain a Routine

Routines are very important for young children. Creating new can help children feel safe. Keeping regular mealtimes and bedtimes, setting a daily time to play games together, read to them, or sing songs together all help. Included is an image that has been shared widely on social media. Consider using this schedule as a guide while children are at home.

Continue to connect, learn and grow together!

The Middlesex EarlyON Team wants to stay connected with our wonderful families and continue to support the learning and development of your children. We are working on a *Connect, Learn and Grow Together* series! This series will include a variety of play-based learning opportunities intended to nurture connections and continue the learning & growing together at home.

These opportunities will be divided into three categories:

- Connecting, Learning & Growing with your infant
- Connecting, Learning & Growing in nature
- Connecting, Learning & Growing at home

Follow us on Facebook **@EarlyONMiddlesex** daily for regular updates at 8 a.m., 12 p.m. and 8 p.m.! We will also send a summary of these opportunities on Fridays to our families via email.

We hope the activities and ideas we provide over the next few weeks will help you and your family continue to connect, grow and learn together!

Some websites that may help you further:

- <https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>
- <https://www.psychologytoday.com/us/blog/smart-parenting-smarter-kids/202003/how-talk-kids-and-teens-about-the-coronavirus>
- <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

COVID-19 DAILY SCHEDULE

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnetiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A- wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight