



## **Parent Resources-COVID 19**

### **Talking to Children About COVID-19**

#### **Remain calm and reassuring**

- Children will react to and follow your verbal and nonverbal reactions.
- What you say and do about COVID-19, current prevention efforts, and related events can either increase or decrease your children's anxiety.
- If true, emphasize to your children that they and your family are fine.
- Let your children talk about their feelings and help reframe their concerns into the appropriate perspective.

#### **Make yourself available**

- Children may need extra attention from you and may want to talk about their concerns, fears, and questions.
- It is important that they know they have someone who will listen to them; make time for them.
- Tell them you love them and give them plenty of affection.

#### **Avoid excessive blaming**

- When tensions are high, sometimes we try to blame someone.
- It is important to avoid stereotyping any one group of people as responsible for the virus.
- Be aware of any comments that other adults are having around your family. You may have to explain what comments mean if they are different from the values that you have at home.

#### **Monitor television viewing and social media**

- Limit television viewing or access to information on the Internet and through social media. Try to avoid watching or listening to information that might be upsetting when your children are present.
- Speak to your child about how many stories about COVID-19 on the Internet may be based on rumors and inaccurate information.
- Talk to your child about factual information about this disease—this can help reduce anxiety.
- Constantly watching updates on the status of COVID-19 can increase anxiety—avoid this.
- Engage your child in games or other interesting activities instead.



### **Maintain a normal routine to the extent possible**

- Keep to a regular schedule, as this can be reassuring and promotes physical health.
- Encourage your children to keep up with their schoolwork and extracurricular activities, but don't push them if they seem overwhelmed.

### **Be honest and accurate**

- In the absence of factual information, children often imagine situations far worse than reality.
- Don't ignore their concerns, but rather explain that at the present moment very few people in this country are sick with COVID-19.
- For additional factual information go to the [CDC](https://www.cdc.gov) website.

### **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.**

- Encourage your child to practice every day good hygiene—simple steps to prevent the spread of illness:
  - Wash hands multiple times a day for at least 20 seconds
  - Cover their mouths with a tissue when they sneeze or cough and throw away the tissue immediately, or sneeze or cough into the bend of their elbow. Do not share food or drinks.
  - Practice giving fist or elbow bumps instead of handshakes. Fewer germs are spread this way.
- Giving children guidance on what they can do to prevent infection gives them a greater sense of control over disease spread and will help to reduce their anxiety.
- Encourage your child to eat a balanced diet, get enough sleep, and exercise regularly; this will help them develop a strong immune system to fight off illness.

### **Remain calm and reassuring.**

- Children will react to and follow your verbal and nonverbal reactions.



- What you say and do about COVID-19, current prevention efforts, and related events can either increase or decrease your children’s anxiety.
- If true, emphasize to your children that they and your family are fine.
- Remind them that you and the adults at their school are there to keep them safe and healthy.
- Let your children talk about their feelings and help reframe their concerns into the appropriate perspective.

## Links to Information

<b>“Five Ways to View Coverage of the Coronavirus”</b>	<a href="https://www.apa.org/helpcenter/pandemics">https://www.apa.org/helpcenter/pandemics</a>
<b>“Explaining the News to Our Kids”</b>	<a href="https://www.common sense media.org/blog/explaining-the-news-to-our-kids">https://www.common sense media.org/blog/explaining-the-news-to-our-kids</a>
<b>“Help Your Family De-Stress During Coronavirus Uncertainty”</b>	<a href="https://www.common sense media.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty">https://www.common sense media.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty</a>
<b>“Talking to Children About COVID-19”</b>	<a href="https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource">https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource</a>

## Links to Resources

If you are struggling to pay your utility bill due to financial hardships stemming from the coronavirus pandemic, please contact utility companies individually to make payment arrangements.	
<b>SDG&amp;E</b>	<a href="https://www.sdge.com/">https://www.sdge.com/</a> 1-800-411-7343
<b>Water-City of San Diego</b> Suspension of all water shut offs, interest or late fees due to non-payment.	<a href="https://www.sandiego.gov/public-utilities/customer-service/billing">https://www.sandiego.gov/public-utilities/customer-service/billing</a> (Billing) 619-515-3516  <a href="https://www.sandiego.gov/coronavirus">https://www.sandiego.gov/coronavirus</a> (Information regarding hold on late fees)



<b>Spectrum Free Internet (60 Day Trial)</b>	1-844-488-8395
<b>Food Banks</b>	<a href="https://my211.force.com/s/search#keyword=jacobs%20and%20Cushman%20San%20Diego%20Food%20Bank&amp;sortBy=relevancy">https://my211.force.com/s/search#keyword=jacobs%20and%20Cushman%20San%20Diego%20Food%20Bank&amp;sortBy=relevancy</a>
<b>211</b>	<a href="https://211sandiego.org/">https://211sandiego.org/</a>
<b>United Way of San Diego</b> Support with utilities and rent/mortgage payments	<a href="https://uwsd.org/covid19/">https://uwsd.org/covid19/</a>



2-1-1 San Diego is a **free, 24 hour, confidential** phone service in **200+ languages** and a searchable online database.



Dial 2-1-1



Chat Live



Search



Enroll

## How we help:

We are a trusted, local, nonprofit organization with connection to 6,000+ community, health, disaster services, and so much more.

2-1-1 TIERED SERVICES

CARE COORDINATION

INFORMATION & ASSISTANCE

INFORMATION & REFERRALS

### Health & Wellness:

2-1-1's Health Navigation offers comprehensive needs assessment, health education, case planning, advocacy, connection to resources, and ongoing care coordination.

### Enrollment Services:

We identify, screen, and help people apply over the phone for benefit programs including CalFresh, Medi-Cal, Medi-Cal Recertification, CARE, and Covered California.

### Housing & Utilities:

We connect people to housing resources, emergency shelters, affordable and supportive housing options, rental assistance programs, tenant/landlord mediation, utility assistance and housing-related information.

### Military & Veteran Services:

Courage to Call, San Diego's peer-to-peer talk and chat line is the single access point for information, referrals, navigation, and ongoing care coordination for active duty military, veterans, and their families.

### Food Assistance:

Over 400,000 San Diegans don't have enough food to feed their families. 2-1-1 connects people to programs that help including CalFresh, food banks, emergency food, WIC, and more.

### Disaster Support:

In times of disaster, 2-1-1 is here to provide real-time information and referrals San Diegans can count on in a crisis.

### Community Data:

2-1-1's robust data offers vital information and trend reports for proactive community planning.

211SanDiego.org



211sandiego



@211SD



# Daily Schedule



7:30 – 8:00	 Check email, Google Classrooms, and GPA Instagram
8:00 – 9:00	 Reading and Journaling
9:00 – 10:00	 Enrichment Packets
10:00 – 11:00	 Exercise and Move!
11:00 – 12:00	 Enrichment Packets
12:00 – 1:00	 Lunch Break
1:00 – 2:00	 Enrichment Packets
2:00 – 3:00	 Creative Time!