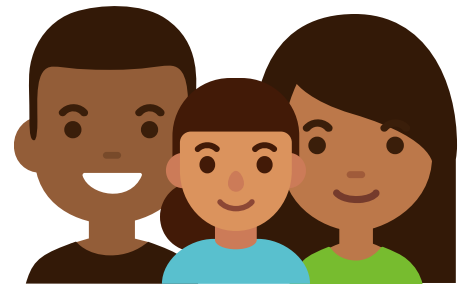


## Supporting Children During the Coronavirus (COVID-19) Crisis

Schools have closed and workplaces have gone remote to prevent the spread of COVID-19. As we navigate this new lifestyle, parents everywhere are doing their best to keep children healthy and occupied. Below are some tips and strategies for supporting children during this challenging time.



### KEEP ROUTINES IN PLACE

#### Create a Schedule

Children should get up, eat, and go to bed at their regular times

It may help to print / write-out a schedule with your family each morning

Ensure children still have time interacting with friends or family through technology

Be sure to add in something that helps bring your child joy each day (self-care, physical activity, crafts, etc.)



### KEEP CHILDREN IN THE LOOP - BUT KEEP IT SIMPLE

1. Remain calm and reassuring
2. Rather than giving too much information, ask children what questions they have
3. Avoid blaming and language that may lead to stigma
4. Be honest and accurate
  - If you don't know the answer to a question, contact a health care professional or visit the website for the Government of Canada



<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

### HELP CHILDREN FEEL IN CONTROL

#### Teach and model everyday actions to reduce the spread of germs

- Remind them to cough or sneeze into their arm or elbow
- Teach good handwashing techniques
- Remind them to avoid touching their eyes, nose, or mouth
- Keep things clean (counters, doorknobs, etc.)
- Practice physical distancing - show your child the length of 2 metres

#### Talk about what is happening in the community to help keep people safe and healthy

- Reassure children that hospitals and doctors are prepared to help people who get sick
- Discuss any new actions being taken to protect people in the community (school closures, etc.)



# STAYING ACTIVE DURING COVID-19

The World Health Organization recommends children ages 5-17 get a total of 60 minutes of physical activity every day.



With children no longer in school, extracurriculars, or most public spaces, many parents may be asking:

## How do we get exercise or activity for our children?

### PARENT LED ACTIVITIES

(DO IT TOGETHER!)

Daily Physical Activity helps children:

- Improve their health and fitness
  - Do better in school
- Grow stronger and feel happier
- Maintain a healthy body weight
- Improve their self-confidence

1

#### DAILY WALK OR BIKE RIDE

Be sure to practice physical distancing.

2

#### LET CHILDREN CREATE GAMES

Keep a variety of games/equipment (i.e. balls, hula-hoops, jump ropes) on hand and let your child create their own games/activities



3

#### STATIONS

Set up activity stations that children rotate through for 5-10 minutes with activities such as: jumping jacks, running on the spot, skipping, burpees, plank holds or push-ups



4

#### OBSTACLE COURSES

Encourage your child to make and then run through obstacle courses in your backyard (or in any open space).



5

#### SCAVENGER HUNTS

Create scavenger hunts around the house for children.

#### CREATE EXERCISE SPINNERS

Create 'exercise spinners' to use throughout the day: Spin wheel 1 for the movement and wheel 2 for the number of times to do it



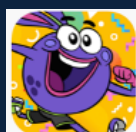
Source: <https://www.playdoughtoplato.com/exercise-counting-game/>



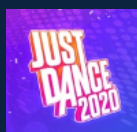
### APPS/WEBSITES



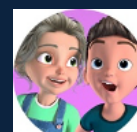
Cosmic Kids Yoga  
(YouTube Channel and App)  
Yoga and mindfulness activities (Ages 3+)



GoNoodle (App)  
General movement, yoga, and mindfulness videos and games, and recommended off-screen home activities



Just Dance Videos  
(YouTube Channel)  
Dance game for children/youth to learn dance routines



Little Sports  
(YouTube Channel)

# COVID-19 NEWS

The COVID-19 situation is changing rapidly, and it is important to stay up to date with the current news and events. What's just as important is being vigilant of where this news is coming from.



## What are some Warning Signs of Fake News?

1

### Simplicity

Fake news stories tend to be simple stories that do not hold up under pressure. Question claims from non-reputable sources and fact-check using trusted news outlets.



2

### Agenda

Rarely do the creators of fake information do so without any sort of agenda. When reading a news article, ask yourself "What does the author gain from having me read this?"



3

### Language

The language used in false news stories tends to suggest uncertainty and suspense which is done purposefully to catch and maintain our attention. Look for sources that are neutrally presenting facts.



4

### Emotion

We are more likely to pay attention to and share information that strongly arouse our emotions. Be weary of articles that try to evoke powerful feelings such as fear and panic.



# COVID-19 NEWS

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## Limit Children's Exposure to News

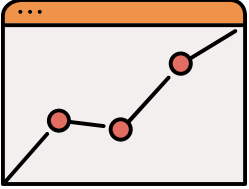
While having a reputable news source running is a great way to stay informed, Children's Mental Health Ontario recommends limiting children's unnecessary exposure to anxiety provoking information. This might look like turning off the news station or turning off the radio, and visiting reputable news websites instead.



## Reputable News Sources

Source	Website
World Health Organization	<a href="https://www.who.int/">https://www.who.int/</a>
Health Canada	<a href="https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html">https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html</a>
Ontario Health	<a href="https://www.ontario.ca/page/2019-novel-coronavirus">https://www.ontario.ca/page/2019-novel-coronavirus</a>
London-Middlesex Public Health	<a href="https://www.healthunit.com/">https://www.healthunit.com/</a>

# ADDITIONAL RESOURCES



1

## Explaining Social Distancing to Children

<https://www.youtube.com/watch?v=2HTA3ql6uWY&feature=youtu.be>



2

## Parent Toolkit

Activities, tips, and explainers to help you navigate a new normal

<https://www.kiwico.com/kids-at-home>

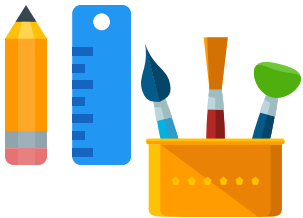


3

## At-home Activities for Children

Quick & easy projects for children of all ages

<https://www.kiwico.com/kids-at-home>



4

## Daily DIY Challenge

Challenge your kids with a different DIY to do at home every day

<https://www.kiwico.com/kids-at-home>



5

## Brains On

A podcast for kids on understanding COVID-19 and how germs spread

[https://www.brainson.org/shows/2020/03/10/understanding-coronavirus-and-how-germs-spread-for-kids?](https://www.brainson.org/shows/2020/03/10/understanding-coronavirus-and-how-germs-spread-for-kids?fbclid=IwAR21Y_n6fsy33QD2s07In2Q892xQoI5OEFMMZ5vcMyVoLdkH8tv4yZjaZsc)

[fbclid=IwAR21Y\\_n6fsy33QD2s07In2Q892xQoI5OEFMMZ5vcMyVoLdkH8tv4yZjaZsc](https://www.brainson.org/shows/2020/03/10/understanding-coronavirus-and-how-germs-spread-for-kids?fbclid=IwAR21Y_n6fsy33QD2s07In2Q892xQoI5OEFMMZ5vcMyVoLdkH8tv4yZjaZsc)