

Dear Parents and Teachers:

Here are some excellent resources to help your children/students understand the Coronavirus and some tips and information on how to support them during this uncertain time:

Explaining Coronavirus to children under age 7:

https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf

Explaining Coronavirus via BrainPop:

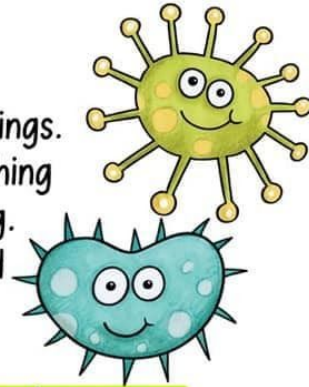
<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/?fbclid=IwAR3z2hDsyFoBcOOOxmmJFDzSLcPwOGXtQgVuVIYQ7-Y8B-onWSCI9j2O0OM>

Explaining the spread of the Coronavirus (for upper elementary and middle school):

<https://youtu.be/I5-dI74zxPg>

Tips for Supporting Children During the Coronavirus Crisis

- Encourage an **open discussion**. Explain what is happening in kid-friendly terms.
- Emphasize that Coronavirus is **less common in children** than adults and often results in only mild cold symptoms.
- **Listen to and acknowledge their worries**. Remind them that you are doing whatever you can to keep them safe and healthy.
- Remember that **they are watching us** and our reactions to this crisis. Our behaviors and feelings mold and form their behaviors and feelings!
- Maintain a **structure and routine** at home.
- Support **creative and outdoor play** in safe settings.
- Teach **healthy coping strategies** such as breathing techniques, grounding, journaling, and drawing.
- View the extra time at home as a gift to spend **quality family time**.
- **Avoid watching the news** in front of them.
- **Read** with your child and access **free educational resources**.



MUSIC city
SCHOOL counselor

Kate Hatfield, ARLFortis, West Paris, JFFortis

Supporting children with anxiety/worry:

Counselor Keri:

<https://www.counselorkeri.com/2020/03/14/talk-to-kids-about-coronavirus/?fbclid=IwAR2bEQx6RDTTrTXxtmluV6Eby9nAlk4erDkSCVN2ChJc-LwhEukkvb6Mlvk>

Child Mind Institute:

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/?fbclid=IwAR1O6x9EzmVZzIN2xmgrwH2EKWt9TVLZtLXwNScUuCrkcEUqMRRgnZfIGM4>

Anxiety and Depression Association of America (ADAA):

https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about?fbclid=IwAR1C5B7zFdwSGSUX7Ki_xbaZiEUUjeJ6JqhT29jaRizJrbU-ILkN9dj7qU

I will also be sharing resources in the coming days/weeks for at-home SEL (Social Emotional Learning).

Please reach out to me via email (mdibenedetto@mbsbr.org) if you have questions or concerns and/or need further support. I am willing to communicate with you and/or your students via video chat, if needed, as well.

Sending thoughts, love, and prayers to you and yours! Stay healthy - physically, spiritually, and mentally!

Blessings,
Michelle DiBenedetto, LCSW
School Counselor
Most Blessed Sacrament School