

TIPS FOR COPING DURING THE TIME OF CORONAVIRUS

(for all those who live with, care for, or teach children)

Prioritize Your Physical Health: Eat healthy food, get enough sleep, take more frequent rest breaks, exercise (safely enjoy the outdoors, get creative with indoor exercise, etc.)

Prioritize Your Social-Emotional & Mental Health – Stay connected with others on a regular basis as appropriate (phone, text, email, Skype, etc.) To lower stress, it may be appropriate to lower your “to do” list and expectations at this time. Prioritize what’s most important. Without judging, monitor and honestly acknowledge your feelings and thoughts throughout the day. If feelings or thoughts (especially fear, depression, hopelessness, etc.) persist or are overwhelming, reach out to a trusted friend, mentor or care provider. See also “Self-Care in the Time of Coronavirus” at <https://childmind.org/article/self-care-in-the-time-of-coronavirus/>

Keep Some Rhythm and Routine – e.g. waking and going to sleep at the same time, regular meals, daily routines (some practical, some fun or inspiring). Rhythm (and a certain predictability) is especially important for young children.

Limit Media Exposure – Limit access to all media, especially related to the corona virus. Avoid watching or listening to information that might be upsetting when your children are present.

Talk to Children about the Coronavirus in Developmentally Appropriate Ways – Ask what children have heard and allow them to share their fears, correct any misinformation, and reassure them. For further guidance, see “Talking to Kids About the Coronavirus” at <https://childmind.org/article/talking-to-kids-about-the-coronavirus/> Giving children plenty of open-ended opportunities to express themselves creatively through play, art, story dictation, writing, is a great way to help them process information and feelings.

Practice Mindfulness & Gratitude: Throughout the day, gently bring yourself back to the present moment. Experience what is. Feel and/or express gratitude for all the positive people and things in your life. Move more slowly. Take a slow, mindful walk outside. Appreciate the beauty of Spring.

Act in a Way that Considers or Helps Others: Even small actions can help shift our state of mind and remind us that we can make a difference. Call or email a friend, family member, neighbor, co-worker, etc. Donate money or materials, mail a card to someone, encourage others, etc.

Use this opportunity to do things there is “never enough time for” – Enjoy activities and meaningful conversations with family and friends, learn something new, clean drawers, etc.

Feed your Soul: Read inspirational literature, read inspiring stories to children (about helpers, brave people, etc.), laugh, have fun, dance, sing, play music, play games, draw, paint, write, journal, cook, garden, blow bubbles, take a long bath, etc.). Give yourself and your children enjoyable activities to look forward to.

*Additional resources are available at: www.first5siskiyou.org www.earlyedge.org
www.zerotothree.org*

for K12 distance learning resources: <https://www.cde.ca.gov/ls/he/hn/appendix1.asp#pe>