

Positive Tips for Parents & Caregivers

During School Closures

We know it's challenging to have school-age children home every day during school closures, especially when it's unexpected and for an uncertain period of time. Here are some basic steps that can help during the coronavirus outbreak.

TALK WITH YOUR KIDS

Make sure they understand why their school closed—because the people at school care about their health and safety, and don't want this new illness to spread. You can explain that coronavirus, or COVID-19, is a new disease that spreads from person to person through coughs and sneezes. It also spreads by touching surfaces and objects that have germs on them. That's why it's important to stay home and wash your hands often!

BE HANDWASHING SUPERSTARS

Make sure your kids fully understand the importance of washing their hands properly and often. Teach them the following:

HOW TO WASH HANDS

1. Wet hands with warm water.
2. Use a good amount of soap.
3. Scrub all parts of your hands and your wrists for 20 seconds.
4. Rinse well with warm water.
5. Dry completely on a clean towel.



WHEN TO WASH HANDS

1. As soon as you get home or come indoors.
2. Before you eat or handle food, or touch your face.
3. After you cough, sneeze, or blow your nose.
4. After you use the bathroom.
5. After any contact with germs or dirt.

SET STUDENTS UP FOR SUCCESS

- Make it clear to your school-age kids that they need to keep up with the learning resources and activities provided by their school.
- Check the school's website often for updates and instructions on downloading materials.
- Be sure your children have a quiet, comfortable spot to do schoolwork.
- Have them stick to a daily routine similar to a school day: get up at the same time each day, get dressed, have a healthy breakfast, brush their teeth, then work on school assignments and projects.
- Allow for 15-minute breaks every hour or so, and PE or recess in your house or yard for about an hour a day.
- Make this "new normal" fun by staying upbeat, playing games together when they are done with assignments, and providing fun and creative activities throughout the day.
- Try to keep non-school-related screen time (watching TV, playing video games, and using mobile devices, tablets, and computers) to only a couple of hours a day.

