

# CPA School Closure

## Social/Emotional Resource Guide

Dear CPA Families,

With the closing of schools for the next three weeks and the coronavirus at the forefront of our minds, we have constructed a social/emotional resource guide to help adults support their children. Anxieties and fears can arise in response to current events and the safety measures taken. Below you will find information and websites that provide various suggestions to navigate the curiosity and uncertainty.

### Talking with Kids about the Coronavirus:

- ❖ **Don't be afraid to discuss- adults can reduce fear from misinformation** by talking with kids, answering questions, and providing stability.
- ❖ **Be developmentally appropriate-** don't volunteer too much information, answer questions that you can, and it is ok if you can't answer everything. Avoid encouraging frightening fantasies. See [this link](#) for age specific considerations.
- ❖ **Take care of your own anxiety first.** Take some time to calm yourself before discussing with your child. [This article](#) has ideas for calming your own anxieties.
- ❖ **Be reassuring.** Children are very egocentric so hearing news about the virus may make them seriously worry that they will catch it. You can remind them of the safety measures adults are taking, what they can do to stay clean, and that this illness has been affecting kids the least.
- ❖ **Focus on what you and they are doing to stay safe.** Jamie Howard, PhD, a child psychologist at the Child Mind Institute, notes, "Kids feel empowered when they know what to do to keep themselves safe."
- ❖ **Avoid language that might blame others and lead to stigma.** Remember that viruses can make anyone sick, regardless of a person's race or ethnicity. Avoid making assumptions about who might have COVID-19.
- ❖ **Stick to routine.** People, especially children, don't like uncertainty, and routine provides predictability and stability. Especially while school is out, establish a daily routine for your students.
- ❖ **Keep talking.** Tell kids that you will continue to keep them updated as you learn more. You can say, "Even though we don't have the answers to everything right now, know that once we know more, we will let you know, too."

Source: [Child Mind Institute](#)

### De-stress Activity Ideas

- Come up with a project to work on
- Find interesting books to read
- Play board games
- Make obstacle courses in the house
- Watch exercise or yoga videos

### Videos with Developmental Language

→ [Brain Pop](#)

→ [NPR Comic for Kids](#)

→ [The Yucky Bug](#) by Julia Cooke (recommended for younger students)

### More Parents Resource Guides

→ [Daniel Tiger - How to Talk to Your Kids about Coronavirus](#)

→ [Family De-stress Strategies](#)

### Multilingual Resources

→ <https://www.colorincolorado.org/coronavirus>

→ [NASP \(Español\)](#)