

A Kids Resource Book



**Help Our Children Right Now!
COVID-19 Positive Coping Strategies**



The Defining Moment Foundation

Healthy children, our most precious gift. Keep them close, keep them safe.

This Kids Resource Book is dedicated to the memory of our dear friend
Lisa DiSalvo for her love of children and education.

Dear Parents and Caregivers,

Our children need us at this moment to help them make sense of what they've heard about **COVID-19**. We must respond to them in a way that is honest, accurate and minimizes **fear and anxiety**.

Children of all ages from Toddlers to Teens, are very worried about themselves, their families & friends contracting **COVID-19**. This book will provide you and your family with positive coping strategies which allow you to begin a new and meaningful dialogue with your children about the Coronavirus (**COVID-19**).

We will get through this together.
We look forward to a healthy future for all of our children.

Thank you,
"Dr. B"

The Defining Moment Foundation
www.definingmomentfoundation.org

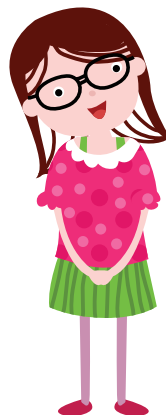
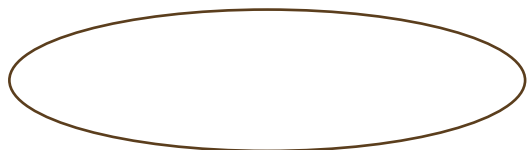
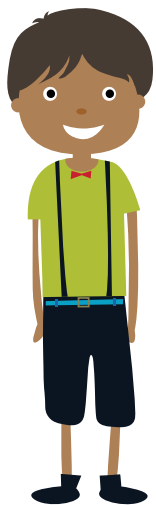
Make this Resource Book your own!

My name is _____

I live in _____ Today's date is _____



Let's Name Our New Kids Resource Book Helpers



What did I hear... and what do I want to know:

Make a list of some of the questions you may have:

Lots of kids are wondering, what IS the coronavirus? Scientists tell us that the novel (or new) Coronavirus is a different type of virus. It's a tiny germ that can spread to people and make them sick.

That's why we are taking so many safety precautions—like asking you not to touch your face and to wash your hands frequently. Now is an important time for you to have information about the virus.

Asking questions is a good way to help you understand what is happening. There are no wrong questions, so don't be afraid to ask! There are lots of places you can go to find the answers to your questions, like asking a grown-up, your teacher, your doctor, faith-based leaders, the City Hall where you live, the internet, or the library (online for now)!

What To Do When I Feel Afraid



When you are afraid, here are some things you can do to feel better.

If you're like a lot of kids, you may be feeling a little overwhelmed.

We really aren't sure what's going to happen next, and that can feel scary.

Below is a list of Positive Coping Strategies.

Listen to calming music.

Talk to a
caring grown-up
about feeling afraid.

Curl up and read
your favorite book.

Write in a feelings journal.

Drink a glass of cold water.

Take some deep breaths
and exhale slowly.

Draw a picture of what
you are afraid of.

Learn to bake/cook.

Tell yourself to be brave and
that you'll be okay.

Get and give hugs
(virtually, if needed!)



Your feelings send messages to your brain that affect how you think, feel, and act. When you express them, others can understand what you're going through. Remember: **All feelings are okay, but keeping them inside can cause aches and pains.**

Circle the feelings you are having right now.

Loved

Sick

Tired

Excited

Frustrated

Grouchy

Worried

Sad

Trusting

Happy

Confused

Stressed

Bored

Lonely

Nervous

Surprised

Afraid

Brave

Angry

Proud

Relieved

Thankful

Sometimes It's ANNOYING!

If you're like most kids, there might be times when you feel frustrated or even angry because you aren't able to be with your friends or do the things you would like to do right now. It's natural to feel this way when everything around you seems upside down.

It's important to find healthy ways to express angry feelings.

Here are some things you can do to help you manage those really big feelings.

Circle the ones that work best for you, and add other ideas.

Get some exercise
it's the #1 stress buster!

Watch a funny movie.

Take a s-l-o-w deep breath,
then exhale s-l-o-w-l-y.
Do this several times to
calm down.

Count from one to ten.

Paint a picture.

If allowed, run around outside.
It's a great way to let off steam.

Plan to have some future fun.
Decide what you would like
to do when you are able to
be with your friends again.

Call or video chat with friends
to share how all of you feel.

Do some stretches
or yoga poses.

(You can make up
your own, such as making
an animal shape with your
body, or pretending you're
reaching for the stars.)

Write a letter to yourself about
why you're feeling frustrated.

Pound some play clay.

Listen to loud music while
stomping around.

Talk to a caring
grown-up about
why you're angry.

Close your eyes and
imagine you're in one of
your favorite places.

Other Ideas:

When you're feeling angry,
take a deep breath
and count to ten...
and before you know it,
you'll feel better again!



5 Remember, all feelings are okay, but it's never okay to hurt yourself or others to feel better!

Checking in on your Emotions

Which emoji shows how you feel right now?

Scientists and doctors are hard at work to figure out the Coronavirus, and how to keep us all safe and healthy. In the not too distant future, you'll be able to go back to school, play sports, and hang out with your friends. The parks, our places of worship, libraries, stores and restaurants will open, and you'll be able to do all the things you enjoy.

Your family loves you and cares about you. They will always do their best to keep you safe and healthy.

The best thing you can do to help during this time of uncertainty is to take good care of yourself.













Because there's just one you!

Continue to check in on your emotions and practice **Positive Coping Strategies**.

Keep track of your moods...

and be sure to let all the people who care about you know how you're doing!

Which emoji would you circle right now to show how you are

Happy		Excited		Frustrated	
Loving		Confused		Lonely	
Proud		Excited		Sad	
Calm		Confused		Angry	

Let Those Feelings Out!

Remember when we talked about expressing your feelings? Here are some good ways for you to let your feelings out.

Circle some of the ones that work best for you, and add other ideas.



Draw a picture of how you're feeling right now.

Laugh out loud.

Talk to someone who cares about you.

Make a feelings collage from old magazines: cut out pictures that show people feeling different emotions.

Have a good cry when you need to!

Help those in need. Helping others is a good way to help yourself.

Find a quiet place to meditate (think calming thoughts).

Send positive thoughts about those who have been affected.

Make a happy memories scrapbook.

Read a book about feelings, such as *The Grumpy Monkey*, *When Sophie Gets Angry*, or *The Way I Feel*.

Make your favorite meal with a grown-up.

Write in a feelings journal.

Do something creative, like make a piece of jewelry, a sculpture out of clay or art dough, or a cheerful card for someone who is sick or lonely.

Do something nice for someone else.

Dance while listening to your favorite music.

Spend time playing with your favorite pet.

Other ideas:



Make a Daily Plan

When you are going through big changes, it's helpful to stick to your normal routine. Do your homework every day, get some fresh air and exercise, and have regular mealtimes and bedtimes. If you don't already have a daily schedule, use this chart to create one. Ask a grown-up to help you list all the things you do each day and what time of day you do them.



Morning

Afternoon

Evening

A Quiet Corner

A Quiet Corner is a safe and comfy place you can go when you need to calm down.
Having time to yourself is important during times of stress.

Circle what you want to add to your Quiet Corner.

Beanbags

Squeeze ball

Journal and crayons

Glitter Jar

Pinwheel (for taking
slow, deep breaths)

Fish tank
with goldfish

Soft Rug

Other ideas _____

The Helpers Who Keep Me Safe

It's important for you to know that many caring and courageous heroes are working hard to keep you healthy and safe. When there are emergencies, people always come together to help one another, especially the kids, and that's a good thing for you to know! Some of the people who are working hard to keep you and your family healthy are:

All the grown-ups in your life
who are protecting you

Health care workers, including
doctors, nurses, and others

Houses of Worship

Pharmacists

Teachers and principals

Men and women serving
in the National Guard

Scientists

Emergency responders

Police and firefighters

Bus drivers

People who work at your local
grocery store

Public workers who keep our
cities clean

Truck drivers who bring us
food and medical supplies

There are many helpers all around you. Can you think of any others?



Taking Care of Family

Now would be a good time to have a family meeting to talk about how your family members are taking care of their health. It's also a good time to practice certain ways you can take care of yourself.

Circle the ones you are already doing.

Stand six giant steps away
from your friends or neighbors.

Wave instead of shaking hands.

Call or video chat with your friends whenever you
are lonely.

Cough and sneeze into your elbow.

MAKE SURE you don't touch
your face, eyes, or nose.

Exercise your body and your brain.

Get lots of rest, even on weekends.
Rest will help protect your body.

Wash your hands before you eat, after using the bathroom,
and after sneezing or coughing.

Wash your hands for 20 seconds
(sing "Twinkle, Twinkle, Little Star"
two times to make sure you're washing long enough).

Eat a healthy diet with lots of fruit
and vegetables, and be sure to
drink plenty of water.

Most of all, listen to your body.
If you don't feel well, tell a grown-up how you are feeling.

Children 2 years and older should wear a face cloth covering
their nose and mouth when in a community setting.



People Care About Me!

In difficult times, it's comforting to spend extra time with those you love and care about. Reading together, playing board games, working on a puzzle together, or if allowed, hiking or going for a walk or bike ride are some good ideas to help your family to stay connected.

Use this space below to make a list of all the people who care about you and what you like to do together. (You might be surprised at how many people there are!)

People Who Care

What We Do Together



A Parent's Guide to Protecting our Children

Keeping children Healthy while School's out!

- **Clean hands often** using soap and water or alcohol-based hand sanitizer.
- **Avoid people who are sick** (coughing or sneezing).
- **Clean and disinfect high-touch surfaces daily** in household common areas.
- **Laundry items** including washable plush toys as needed. If possible, launder items using the warmest appropriate water setting and dry items completely.
- **Limit time with other children.**
- **Practice social distancing.**

Social Distancing

The key to slowing the spread of **COVID-19** is to limit contact as much as possible. While school is out, children should not have in-person playdates with children from other households. If children are playing outside their own homes, it is essential that they remain 6 feet from anyone who is not in their own household.

To help children maintain social connections while social distancing, help your children have supervised phone calls or video chats with their friends.

Clean Hands Often

Make sure children practice everyday preventive behaviors, such as washing their hands often with soap and water for at least 20 seconds. This is especially important if you have been in a public place.

Children 2 years and older should wear a cloth face covering

Children 2 years and older should wear a cloth face covering their nose and mouth when in a community setting. This is an additional public health measure people should take to reduce the spread of COVID-19 in addition to (not instead of) social distancing, frequent hand cleaning and other everyday preventive actions.

A Parent's Guide to Protecting our Children 2

Keep Children Healthy

Watch your child for any signs of illness.

- If you see any sign of illness consistent with symptoms of **COVID-19**, particularly fever, cough, or shortness of breath, call your healthcare provider and keep your child at home and away from others as much as possible.

Watch for signs of stress in your child, very important.

- Some common changes to watch for include, excessive worry or sadness, unhealthy eating or sleeping habits, and difficulty with attention and concentration.
- Take time to talk to your child or teen? About the **COVID-19** outbreak. Answer questions and share facts in a way that your child or teen can understand.

Teach and reinforce everyday preventive actions, very important.

- Parents and caretakers play an important role in teaching children to wash their hands. Explain that hand washing can keep them healthy and stop the virus from spreading to others.
- Be a good role model, if you wash your hands often, your children are likely to do the same.
- Make handwashing a family activity.
- Learn more about handwashing and other everyday preventive actions.

Help you child stay active.

- Encourage your child to play outdoors, it's great for physical and mental health. Take a walk with your child or go on a bike ride.
- Use indoor activity breaks (like stretch breaks or dance breaks) throughout the day to help your child stay healthy and focused.

Help your child stay socially connected.

- Reach out to friends and family via phone and video chats.
- Write cards or letters to family members whom they may not be able to visit.

A Parent's Guide to Protecting our Children 3

Stay in touch with your child's school

- Many Schools are offering lessons on-line (virtual learning). Review assignments from the school, and help your child establish a reasonable pace for completing the work. You may need to assist your child with turning on devices, reading instructions, and typing answers.
- Communicate challenges to your school. If you face technology or connectivity issues, or if your child is having a hard time completing assignments, let the school know.

Create a flexible schedule and routine for learning at home

- Have consistent bedtimes and get up at the same time, Monday through Friday.
- Structure the day for learning, free time, healthy meals and snacks, and physical activity. Show flexibility in the schedule it's okay to adapt based on your day.

Consider the needs and adjustment required for your child's age group

- The transition to being home will be different for preschoolers, K-5, middle school students, and high school students. Talk to your child about expectations and how they are adjusting to being at home versus at school.
- Consider ways your child can stay connected with their friends without spending time in person.

Look for ways to make learning fun

- Have hands-on activities, like puzzles, painting, drawing, and making things.
- Independent play can also be used in place of structured learning. Encourage children to build a fort from objects within your home or practice counting by stacking blocks.
- Practice handwriting and grammar by writing letters to family members. This is a great way to connect and limit face-to-face contact.
- Start a journal with your child to document this time and discuss the shared experience.
- Use audiobooks or see if your local library is hosting virtual or live-streamed reading events.

Looking Forward

Many people are upset about the changes caused by the Coronavirus.
But with all of us working together, things will settle down
and get back to normal again.

In times like these, it's really helpful to look forward to the future and to make plans
while continuing to practice our list of **Positive Coping Strategies**.

List or draw some of the things you would like to do with your
family and friends once things get back to normal.



From Toddlers to Teens

Like adults, young children and teens are struggling with the emotional impact of the COVID-19 pandemic, how this manifests varies by age.

For example:

Early Elementary Kids: are showing signs of regression. Parents/Caregivers may find that there are more unpleasant battles over things like food and bedtime. Parents have reported instances of 4 year olds behaving like 2 year olds, including temper tantrums and bed-wetting. Many sense that their children are more scared and anxious than normal, even stages of separation anxiety have been reported.



What Works: Structure and sticking to a scheduled routine are **key now**.

Establish age appropriate schedules that can be flexible. Offer reassurance and an explanation of why things are going to be different for a while.

The joyous nature of children and their desire to socialize with others, will present a further challenge for parents with young children and social distancing. Kids at this young age may not be capable of following the rules exactly. This means that families with very young kids need to be more isolated than others.

Once a child reaches later elementary years:

They are more likely to begin to understand how unusual our current situation really is. At this age they begin to question everything and may become anxious and fearful about their own health and of those family members and friends in their circle. This is why we continue to promote **Positive Coping Strategies** to calm the tension and anxiety.

In Teens: we are observing a rise in depression as a result of physical distancing and missing events that mean so much to them. It appears that teens are more likely to experience some of the biggest losses as a result of **COVID-19**.

They're losing prom, their college visits, missing out on the plays they are supposed to be in, their final choir, their sporting events, and all the things every teenager looks forward to for the entirety of their schooling years. All of these factors are contributing to greater anxiety, fear and depression. Many are sharing a feeling of helplessness and hopelessness.

On an intellectual level our teens understand the impact of the virus upon the world, **but to their world**, the overwhelming loss of their peer support system has a much more immediate effect on their lives.

What you can do:

- Be gentle with your teenagers.
- Speak honestly about the changing rules.

What to do if you notice any of these behaviors:

- Withdrawing from the family.
- Isolating in their bedroom.
- Changes in eating patterns.
- Changes in sleep hygiene.

It could signal a depressive episode, please seek immediate help and support from your healthcare professional.

Things can quickly escalate to the point where they are too large for your teenager to manage on their own.

Everyday approaches:

- Create a new dialogue that is meaningful, informative and honest.
- Encourage your teenager to plan for a future.
- Talk about college plans.
- Discuss family outings.
- Help them consider clubs.

Everyday: Remind your children and teens that there will be life after this pandemic:

It is key to remember that in every home across our country and throughout the world, there is an undercurrent of anxiety. All of these additional stressors impact our toddlers to teens and how they process information, and the reactions can vary by age.

All of the anxiety felt by parents is now being felt by our children and teens.

Remain calm and reassuring and be honest with them. Do not forget to validate their experiences of this pandemic.

Ask them what they have heard about the pandemic and what questions they would like to have answered.

Follow the **positive coping strategies**, try mediating with your children and remember we will all get through this together!

Remind your children that there will be life after this pandemic.



Contact:



The Defining Moment Foundation

**No Matter The Challenge,
You Don't Have To Face It Alone,
We Are In This Together.**

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