

Helping Kids Cope

Special
Feature

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Helping children cope with stress during the 2019-nCoV outbreak



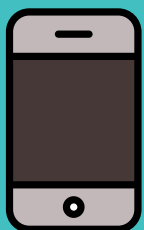
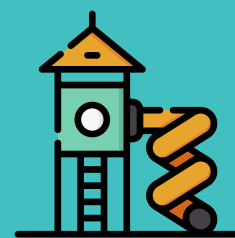
Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

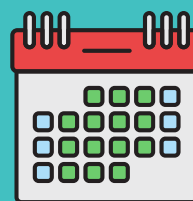
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

Protect yourself and your family

Cover your cough and sneeze



COVER your mouth and nose with a tissue when you cough or sneeze.

2

Put your used tissue in the rubbish **BIN**.



If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, **NOT YOUR HANDS**.

4

WASH your hands with soap and running water. Dry your hands thoroughly with a disposable paper towel.



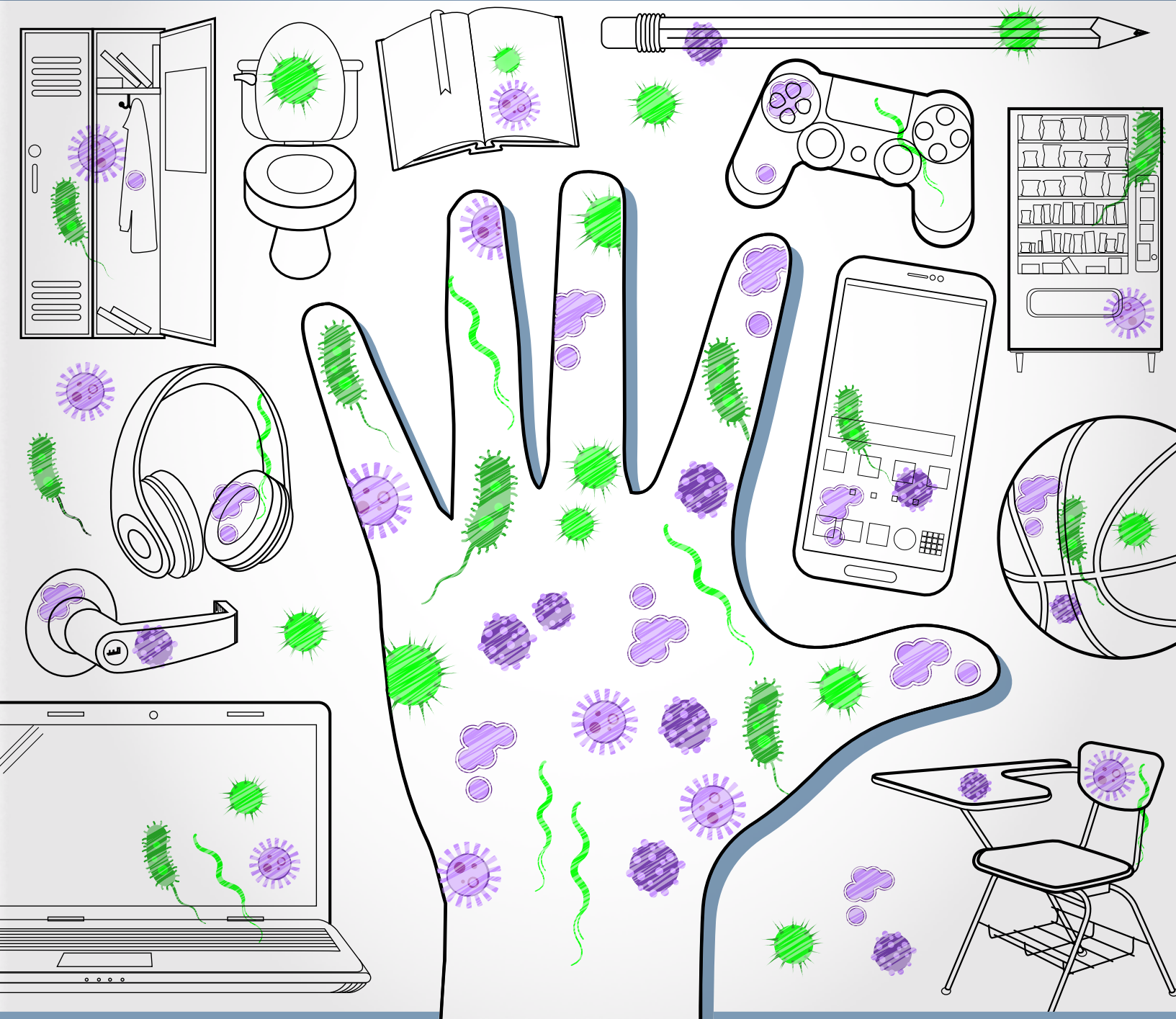
Stay germ free and healthy

A Victorian
Government
initiative



GERMS

are all around you.



Stay healthy.
Wash your hands.

Handwashing: Keeping Your Family Healthy

Handwashing is an easy, cheap, and effective way to prevent the spread of germs and keep kids and adults healthy. When your family is healthy, you don't have to worry about missing school, work, or other activities.

Help your child develop handwashing skills

Parents and caretakers play an important role in teaching children to wash their hands. Handwashing can become a lifelong healthy habit if you start teaching it at an early age. Teach kids the [five easy steps for handwashing](#)—wet, lather, scrub, rinse, and dry—and the key times to wash hands, such as after using the bathroom or before eating. You can find ways to make it fun, like making up your own handwashing song or turning it into a game.

Lead by example

Young children learn by imitating the behaviors of adults in their lives. When you make handwashing part of your routine, you're setting an example for your children to follow.



LIFE IS BETTER WITH

**CLEAN
HANDS**



www.cdc.gov/handwashing

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.



CS310275-A

Handwashing can prevent

1 in 3
cases of diarrhea



1 in 5
respiratory infections,
such as a cold or the flu



Give frequent reminders

Building handwashing skills takes time. At first, your child will need regular reminders of how and when to wash hands. It is especially important to remind children to wash their hands after using the bathroom, before eating, after touching pets, after playing outside, and after coughing, sneezing, or blowing their nose. But once handwashing becomes a habit and a regular part of your child's day, they will practice it throughout their lives.

What if soap and water aren't available?

Washing hands with soap and water is the best way to get rid of germs. If soap and water are not readily available, use an alcohol-based hand sanitizer that has at least 60% alcohol.

Did you know?

Baby wipes may make your hands look clean, but they're not designed to remove germs from your hands. CDC recommends washing hands with soap and water when possible.



Remember to make handwashing a healthy habit at home, school, and at play!

Lavado de manos: Mantenga sana a su familia

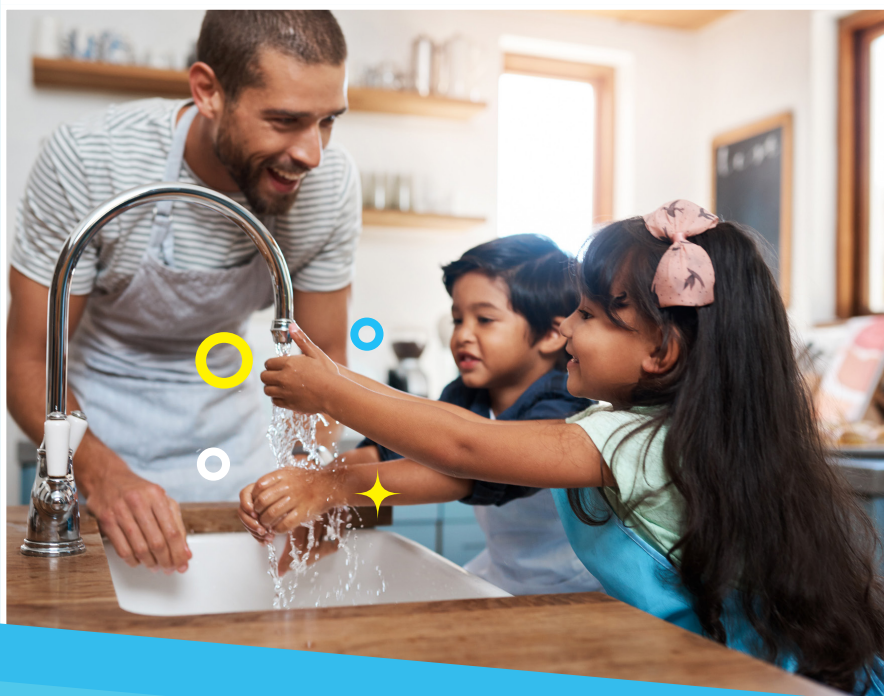
El lavado de manos es una manera fácil, barata y eficaz de prevenir la propagación de microbios y mantener sanos a los niños y a los adultos. Cuando su familia está sana, no tiene que preocuparse por faltar a la escuela, al trabajo o a otras actividades.

Ayude a que su hijo aprenda a lavarse las manos

Los padres y los cuidadores cumplen un papel importante en enseñarles a los niños a lavarse las manos. El lavado de manos puede convertirse en un hábito saludable para toda la vida si comienza a enseñarles esta práctica desde que son pequeños. Enséñeles a los niños los [cinco pasos fáciles para lavarse las manos](#) —mojarse, hacer espuma, restregar, enjuagar, y secar— y los momentos clave para lavarse las manos, como después de ir al baño o antes de comer. Puede encontrar formas de hacer que sea divertido, como inventar su propia canción de lavado de manos o convertirlo en un juego.

Dé el ejemplo al lavarse las manos

Los niños pequeños aprenden imitando los comportamientos de los adultos en su vida. Cuando usted hace que el lavado de manos sea parte de su rutina, está dando un ejemplo para que sus hijos sigan.



LA VIDA ES MEJOR CON LAS

**MANOS
LIMPIAS**



www.cdc.gov/lavadodemanos

Este material fue elaborado por los CDC. La campaña La Vida es Mejor con las Manos Limpias es posible gracias a una asociación entre la Fundación de los CDC, GOJO y Staples. El HHS y los CDC no respaldan productos, servicios ni empresas comerciales.



CS310275-A

El lavado de manos
puede prevenir

1 de cada 3

enfermedades diarreicas



1 de cada 5

**infecciones respiratorias, como
el resfriado o la influenza**



Recuérdese lo frecuentemente

Aprender a lavarse las manos toma tiempo. Al principio, su hijo necesitará que le recuerde regularmente cómo y cuándo lavarse las manos. Es particularmente importante recordarles a los niños que se laven las manos después de ir al baño, antes de comer, después de tocar mascotas, después de jugar afuera y después de toser, estornudar o sonarse la nariz. Pero una vez que el lavado de manos se convierta en un hábito y en parte normal del día del niño, lo practicará toda la vida.

¿Y si no hay agua y jabón disponibles?

Lavarse las manos con agua y jabón es la mejor manera de eliminar los microbios. Si no tiene agua y jabón disponibles, use un desinfectante de manos a base de alcohol que contenga al menos un 60% de alcohol y lávese las manos con agua y jabón en cuanto pueda.

¿Sabías Que?

Las toallas húmedas para bebés podrían hacer que las manos parezcan limpias, pero no están diseñadas para eliminar los microbios de las manos. Los CDC recomiendan lavarse las manos con agua y jabón cuando sea posible.



Recuerde hacer que el lavado de manos sea un hábito saludable ;en la casa, la escuela y durante las actividades recreativas!

Handwashing and Hand Sanitizer Use

at Home, at Play, and Out and About



Germ is everywhere! They can get onto hands and items we touch during daily activities and make you sick. Cleaning hands at key times with soap and water or hand sanitizer is one of the most important steps you can take to avoid getting sick and spreading germs to those around you.

There are important differences between washing hands with soap and water and cleaning them with hand sanitizer. For example, alcohol-based hand sanitizers don't kill ALL types of germs, such as a stomach bug called norovirus, some parasites, and *Clostridium difficile*, which causes severe diarrhea. Hand sanitizers also may not remove harmful chemicals, such as pesticides and heavy metals like lead. Handwashing reduces the amounts of all types of germs, pesticides, and metals on hands. Knowing when to clean your hands and which method to use will give you the best chance of preventing sickness.

When should I use?

Soap and Water

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal waste
- After touching garbage
- If your hands are visibly dirty or greasy

Alcohol-Based Hand Sanitizer

- Before and after visiting a friend or a loved one in a hospital or nursing home, unless the person is sick with *Clostridium difficile* (if so, use soap and water to wash hands).
- If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol, and wash with soap and water as soon as you can.

* Do **NOT** use hand sanitizer if your hands are visibly dirty or greasy: for example, after gardening, playing outdoors, or after fishing or camping (unless a handwashing station is not available). Wash your hands with soap and water instead.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

How should I use?

Soap and Water

- **Wet** your hands with clean running water (warm or cold) and apply soap.
- **Lather** your hands by rubbing them together with the soap.
- **Scrub** all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for 20 seconds. Need a timer? Hum the “Happy Birthday” song twice.
- **Rinse** your hands under clean, running water.
- **Dry** your hands using a clean towel or air dry them.



Alcohol-Based Hand Sanitizer

Use an alcohol-based hand sanitizer that contains at least 60% alcohol. Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and childcare facilities.

- **Apply.** Put enough product on hands to cover all surfaces.
- **Rub** hands together, until hands feel dry. This should take around 20 seconds.

Note: Do not rinse or wipe off the hand sanitizer before it's dry; it may not work as well against germs.



For more information, visit the CDC handwashing website, www.cdc.gov/handwashing.

Working and Learning from Home During the COVID-19 Outbreak

By: Corinn Cross, MD, FAAP



To help contain COVID-19, many schools are moving children to online learning at home. In addition, many parents are being asked to work from home. These forms of social distancing are needed to help slow the spread of the virus and prevent overloading the health care system. But many families now face new challenges: how do we care for our children while working and schooling at home, and not panic during this unprecedented outbreak? The first step: take a deep breath. Know that we are all in this together. And together we will get through it. Here are some other tips from the American Academy of Pediatrics to help you cope with this “new normal” until the virus is under control.

Slow the spread

It may be tempting to get kids together for play dates or sleepovers, but this should be avoided. Social distancing only works if we all participate. And slowing down or preventing the spread of the virus will save lives.

Protect grandparents. This is also not the time to visit grandparents or ask them to help out with child care duties. People who are [over age 60](#) are at higher risk of severe illness with COVID-19 and should not increase that risk by being around children who may be ill with mild symptoms. However, they may feel alone or disconnected during social distancing, so keep up communications through phone calls, texting, or video chats.

Keep a routine

Since changes in routine can be stressful, it will be helpful to talk with your kids about why they are staying home and what your daily structure will be during this time. Let them help create a daily schedule that can hang on the refrigerator or somewhere they can see it each day. Be sure to include breaks from tele-work or schoolwork to relax and connect with each other.

Here are some ideas to help you create a daily schedule:

- Wake up, get dressed and have breakfast at the normal time.
- Decide where everyone can do their work most effectively and without distractions.
- List the times for learning, exercise and breaks.
 - For younger children, 20 minutes of class assignments followed by 10 minutes of physical activity might work well.
 - Older children and teens may be able to focus on assignments for longer stretches, taking breaks between subjects.
 - Include your hours as well, so your children know when the work day is done.
- Schedule time for nutritious lunches and snacks. Many schools are providing take-home school meal packages for students who need them.
- Don't forget afternoon breaks as well!
- Have dinner together as a family and discuss the day.
- Enjoy more family time in the evenings, playing, reading, watching a movie or exercising together.
- Stick with normal bedtime routines as much as possible during the week to make sure everyone gets enough sleep.

Try not to have the news on all day. It is best not to have the news on while kids are in the room as it can increase their fear and anxiety (and yours!). If they do listen to the news, talk together about what they are hearing and correct any misinformation or rumors you may hear.

Should I worry about extra screen time right now?

While limits are still important, it's understandable that under these stressful circumstances, kids' screen media use will likely increase. Here are some ways to help keep media use positive and helpful:

- **Contact teachers** about educational online and offline activities your children should do. Preschool teachers may not have an online curriculum to share, but good options include PBS Kids, which is sending out a daily newsletter with show and activity ideas.
- **Use social media for good.** Check in with your neighbors, friends and loved ones. If schools are closed, find out if there are ways to help students who need meals or internet access for at-home learning.
- **Use media for social connection.** Social distancing can be isolating. If your kids are missing their school friends or other family, try video chats or social media to stay in touch.
- **Choose quality content** and use trusted sources to find it. Common Sense Media, for example, suggests 25 dance games and other active apps, websites, and video games for families hunkering down right now.
- **Use media together.** This is a great opportunity to monitor what your older children are seeing online and follow what your children are learning. Even watching a family movie together can help everyone relax while you appreciate the storytelling and meaning that movies can bring.
- **Take your child (virtually) to work.** Working from home? Use this time as a chance to show your kids a part of your world. Encouraging imaginative "work" play may be a way to apply "take your child to work day" without ever leaving home!
- **Limits are still important.** As always, technology use should not push out time needed for needed sleep, physical activity, reading, or family connection. Make a plan about how much time kids can play video games online with friends, and where their devices will charge at night.

Remember

Staying at home and other social distancing recommendations may feel like an inconvenience, but it's the best way right now to protect our family, friends, and neighbors who may be vulnerable.

If anyone in your home starts showing symptoms of COVID-19, call your doctor to discuss what to do.

Source: <https://www.healthychildren.org>



American
Heart
Association.

25 WAYS TO GET MOVING AT HOME



1

Run in place for
30 seconds



2

Dance party
for 1 minute

3

Stand up and sit
down 10 times



4

Read standing up

5

Hot lava!
Keep a balloon in the air
without touching the ground
(make it harder by only
using heads or elbows)

6

Jumping jacks
for 30 seconds

7

Do the
hokey pokey

8

See how many
squats you can do
in 15 seconds

9

Stand up, touch
your toes

10

Wall sits
while reading



11

One-minute
yoga

12

Stretch your
hands high over
your head



13

Arm circles forward for
30 seconds, arm circles
backward for 30 seconds

16

Stand on one leg, put
your hands up, put your
hands out to the side

17

5 lunges on the right leg,
5 lunges on the left leg

14

10 frog jumps



15

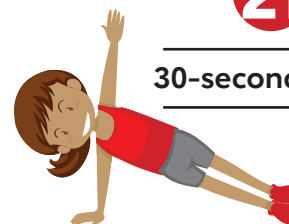
Standing mountain
climbers for
30 seconds

20

Practice spelling by
doing a jumping
jack for each letter

21

30-second plank



19

Run in place for 30
seconds, check your
heart rate

24

Ball toss spelling practice.
Toss the ball and say a letter
then toss the ball to someone
else to say the next letter

25

High knees
for 30 seconds

ABC 18 1/2

18

Practice spelling,
do a squat for
every vowel

22

Practice math problems, do a
jumping jack every time the
answer is an even number

23

20 leg lifts

heart.org/KidsActivities