



SPECIFIC CONSEQUENCES OF COVID-19

WHAT PARENTS SHOULD KNOW

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NOTE TO PARENTS

- **Coronavirus, abbreviated COVID-19, is causing an outbreak of respiratory (lung) disease.**
- **Concern over this new virus can make children and families anxious.**
- **It is very important to remember that children look to adults for guidance**
- **Children also need factual, age appropriate information and reassurance**

Age / Developmental Stage

Infants and Toddlers (3yrs and under)

Children this age may not have words to describe their feelings

Preschoolers (3-5years)

May understand basic ideas about germs and being sick.

School age children (6-12)

May have more questions.

Adolescents (13 years and older)

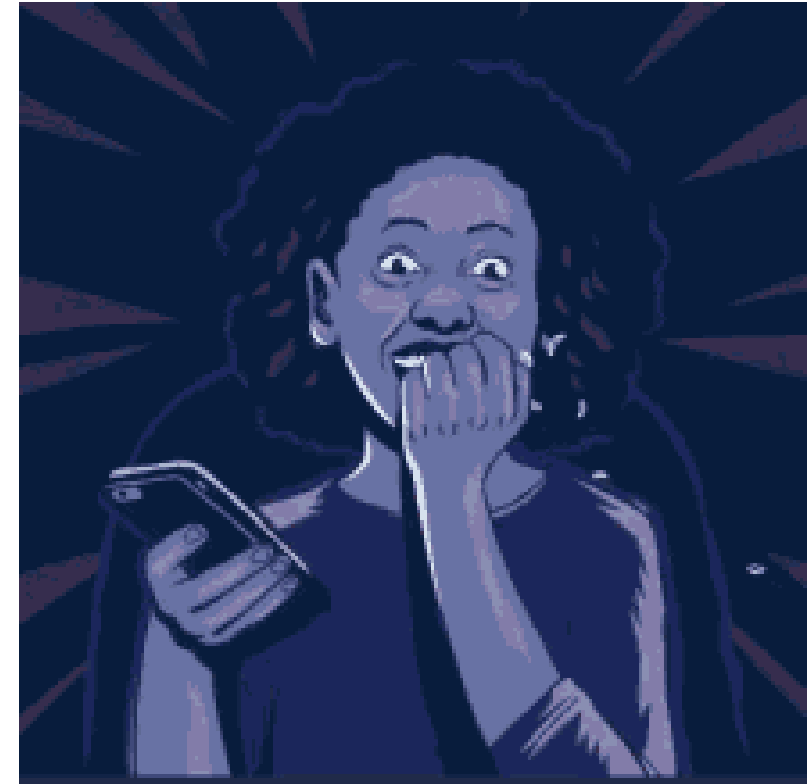
Can cognitively process information much like adults

Explore Your Child's Specific Questions

- Use age-appropriate language to help them understand information (e.g., **virus, germs, COVID-19**)
- Answer questions honestly and stick to the facts.
- Provide reassurance. For instance, with young school-aged children, you might say: “We are learning about this new germ/virus so that scientists can make the right medicine for it”.

COVID-19 Stress/Anxiety/ Stress During An Infectious Disease Outbreak Can Cause

- Fear and worry about your own health and the health of your loved ones
- Changes in eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of alcohol, tobacco, or other drugs





LOOK AFTER YOURSELF

Take breaks from watching, reading, or listening to news stories.

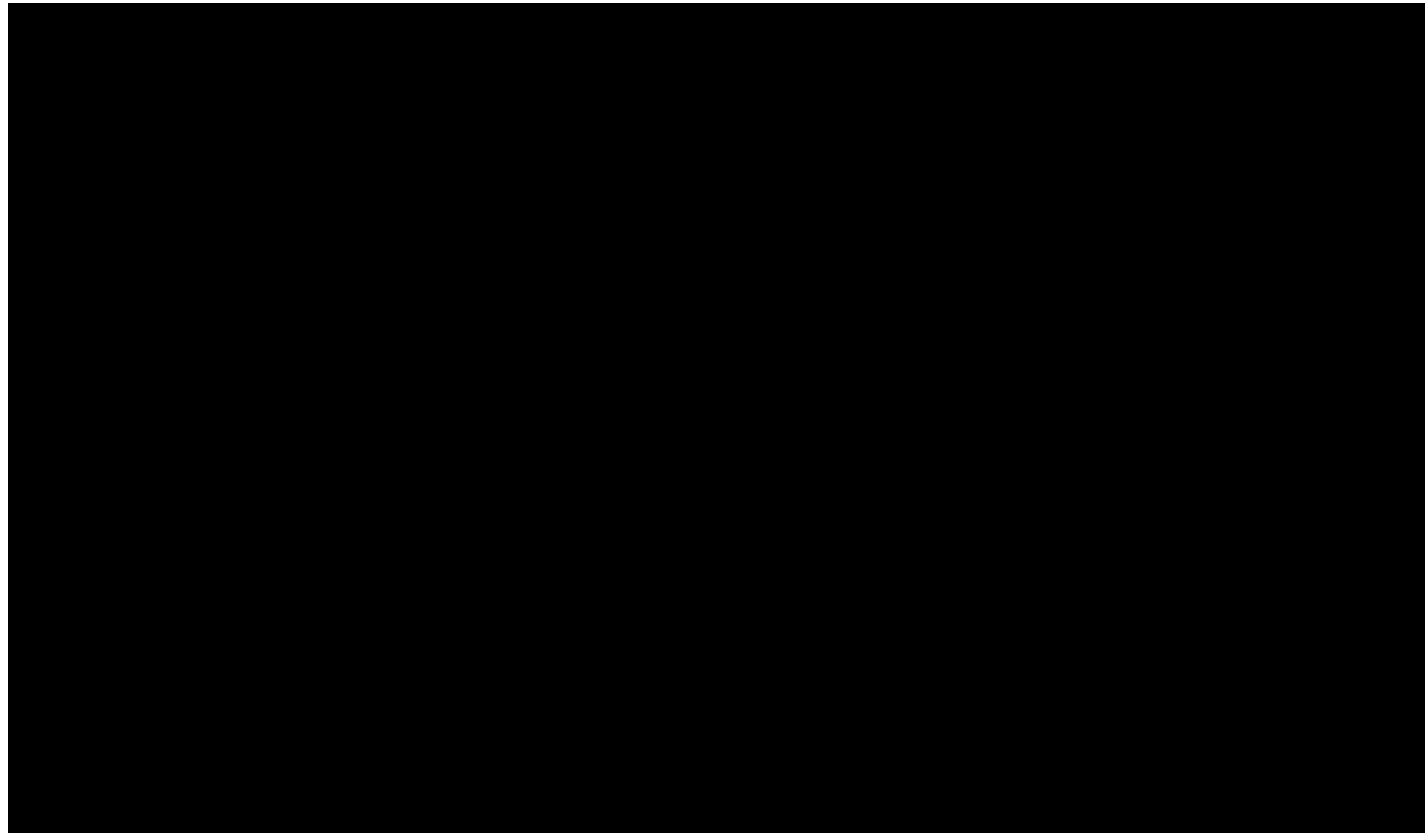
Take care of your body.

Connect with others. Talk with people you trust about your concerns and feelings.

Take time to unwind. Try to do some other activities you enjoy.



Helping your child to cope



REMEMBER TO

- ✓ **Talk** with your child or teen about the COVID-19 outbreak.
- ✓ **Reassure** your child or teen that they are safe.
- ✓ **Help** your child stay connected to educational opportunities
- ✓ **Limit** your family's exposure to news coverage of the event.
- ✓ **Monitor** social media activities
- ✓ **Try** to keep up with regular routines.
- ✓ **Be** a role model. Take breaks, get plenty of sleep, exercise, and eat well.



REMEMBER TO

Review and model basic hygiene and healthy lifestyle practices for protection.

- Encourage your child to practice every day good hygiene to prevent spread of illness.
- Wash hands multiple times a day
- Cover their mouths with a tissue when they sneeze or cough and throw away the tissue immediately, or sneeze or cough into the bend of their elbow.





GUARD AGAINST CHILD ABUSE

- **Keep your children healthy.** Denying children food, sleep, or healthcare is abuse by neglect.
- **Get help with alcohol or drug problems.** Keep children away from anyone who abuses those substances.
- **Watch your words.** Angry or punishing language can leave emotional scars for a lifetime.
- **Get control of yourself** Before disciplining a child. Set clear rules so the child knows what to expect. Avoid physical punishment.

DEALING WITH DEATH DURING COVID-19 PANDEMIC

Unexpected death

How to Adjust

- You may consider planning a full funeral ceremony when it is safe to do so.

In the meantime, take time to find ways of saying a private goodbye. This may be through prayer and reflection, through writing to the person or organizing mementos and photographs of them into a display.

Help Your Children Avoid Blame And Stereotyping

- Help them understand that people must not cope with their own worry by blaming others.

Nurture empathy in your child

NURTURE: The ability to imagine what someone else might be thinking or feeling



PLEASE NOTE

- Learning materials will be available to students on the MOE's School Learning Management System (SLMS), on TV (channels 4 and 16), radio and Social Media.)
- Parents you will be expected to play a critical supervision role in your children's supervision
- The School Feeding Program will continue.
- 500 lunches per day will be delivered to MP Offices for distribution via Village Councils, religious institutions or other groups to children in communities who require it.
- Online Counselling will continue for students who need to access this service from schools. **#331-4933 email-guidanceofficers.sssd@moe.gov.tt**



IF YOU NEED FURTHER INFORMATION

- [PAHO- Pan American Health Organization](#)
- [WHO- World Health Organization](#)
 - [Ministry Of Health](#)
 - [Ministry Of Social Development](#)
 - [Ministry Of Education](#)
- [Student Support Services Division](#)



THE END !!
LETS BEAT COVID TOGETHER

BIBLIOGRAPHY

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- Centers for Disease Control and Prevention Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children
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- National Association of School Psychologists Talking to Children About COVID-19 (Coronavirus): A Parent Resource