March 24, 2020

Coronavirus: For Children, Parents, and Grandparents

This is a very stressful time for families whose lives have been disrupted by school closures, job layoffs, working from home, financial worries, concerns about illness, and the uncertainty about what the future holds. The following are the best of the tools I have seen which can assist you as parents and grandparents in making sense of this rapidly evolving crisis with your children or grandchildren.

What to do with your kids when school is canceled:

Do you know the proper way to wash your hands correctly?
https://www.youtube.com/watch?v=FA9AUd1dWc8

Video – You Can Stay Healthy and Strong:
https://jwp.io/s/hnKNWLqA

Virtual Adventures for Kids ages 6-12:

NPR created a comic to help older kids understand the coronavirus:
A game to help you combat the coronavirus:

From the American Academy of Pediatrics, their coronavirus page for parents:
https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx

The Centers for Disease Control and Prevention (CDC) has extensive information on its children and coronavirus page:

From the Massachusetts General Hospital – a brochure and guide to parenting through crisis:
https://www.mghpact.org/assets/media/documents/Parenting%20Through%20Crisis%20Quick%20Guide.pdf

From the Harvard Medical School, how to talk to children and teens about the coronavirus:
https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-2020030719111
https://www.health.harvard.edu/blog/how-to-talk-to-teens-about-the-new-coronavirus-2020031419192

For the latest updates on the current situation, locally, statewide, and nationally, refer to:
https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx