Emerald Wellbeing
PROVIDING POSITIVE EXPERIENCE

We are all affected by the current situation and world events. Coronavirus is a worrying time and has been talked about on social media, by school staff, parents, on the radio and TV. Children know about Coronavirus/COVID 19 and we must talk to them about this.

Encourage Conversation.



Children's worry's often stem from adults not giving them clear and understandable information. At this time it is important to talk to children about events and also terms being used. One the next page is a selection of commonly used terms for you to discuss with your child.

After this is a 'story' that you and your child can read together and can answer questions they have. Encourage them to talk and ask question – often children who are not given this chance will create their own (very different) endings to situations and it is vital at this time to be open and honest with them.

Recognise your own worries and anxieties.

Make sure you are calm before speaking to children – They will pick up on this. Take some time out before approaching a conversation and questions. Practice breathing techniques to be able to calm your nerves given unexpected questions, or simply say to children I will think about that and get back to you – take 5 minutes out then go back to them with an answer.

Be Reassuring

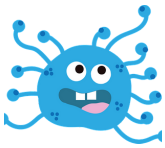
It is in children's nature to worry about getting ill (developmentally they are egocentric) so in this current situation spend time explaining that although there is lots of talk about coronavirus it is unlikely to make them ill and you will look after them. Answer questions they have about grandparents – honestly but sensitively.

Focus on the things they can do to keep not only themselves safe but others too. Hand washing can be fun; make up your own 20 second hand washing song, see who can make the most bubbles with the soap etc. Empower them and give them control over their own situation.



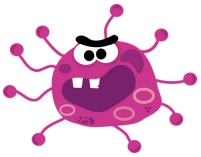
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Germs – Tiny living things that can get into our bodies and make us sick





Hand Washing – Making sure our hands are clean. This is is best and easiest way to make sure we don't have germs on our hands.



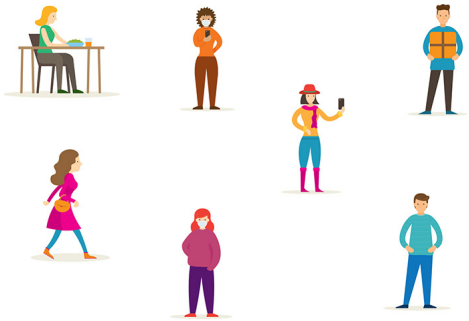


Coronavirus – The common name given to this illness



COVID 19 – The official science name given to this illness

Social Distancing – Keeping away from busy places and not standing near other people. Imagine a big hula hoop around your body so you can't let it touch them.



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Quarantine – Keeping separate from other people to try to stop the coronavirus spreading





Self Isolation – If adults get sick they may need to be away from all other people, this may include family members and people you live with. There will always be an adult with you to keep you safe.

Lockdown – The government asking people to stay at home and not go out.



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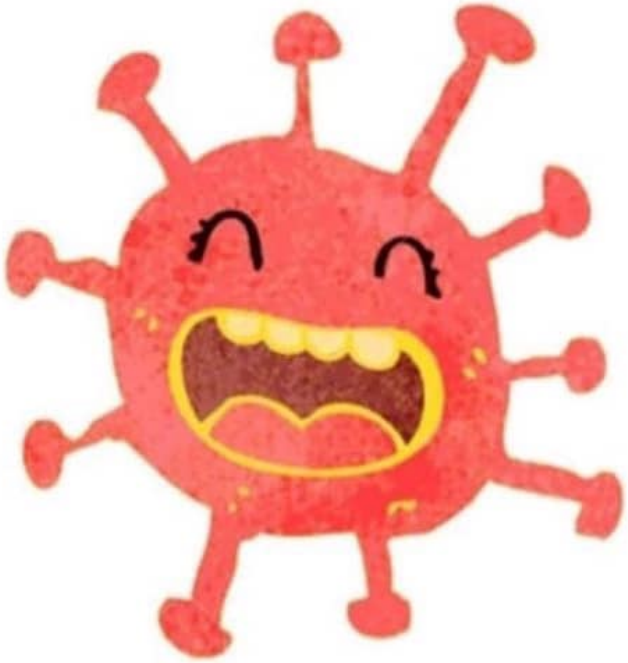
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Social Story about Cornovirus

HELLO!

I am a VIRUS,
cousins with the Flu and
the Common Cold



My name is Coronavirus

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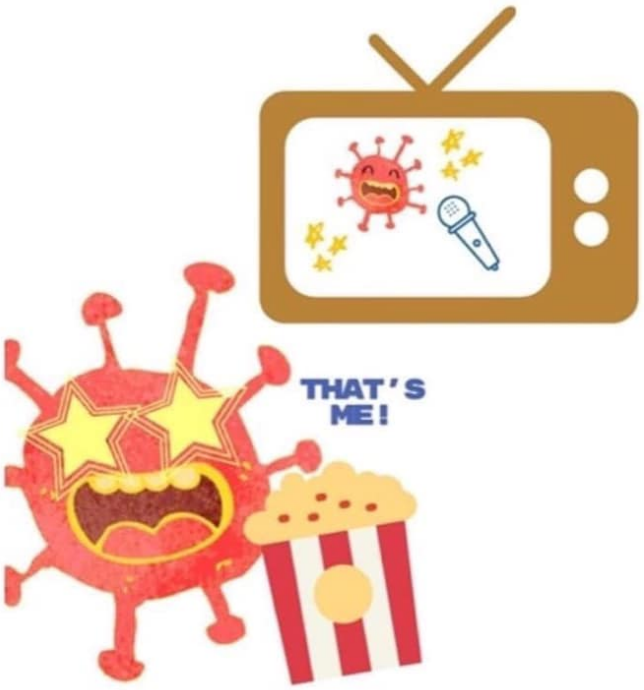
Social Story not written by Emerald Wellbeing but shared with permission



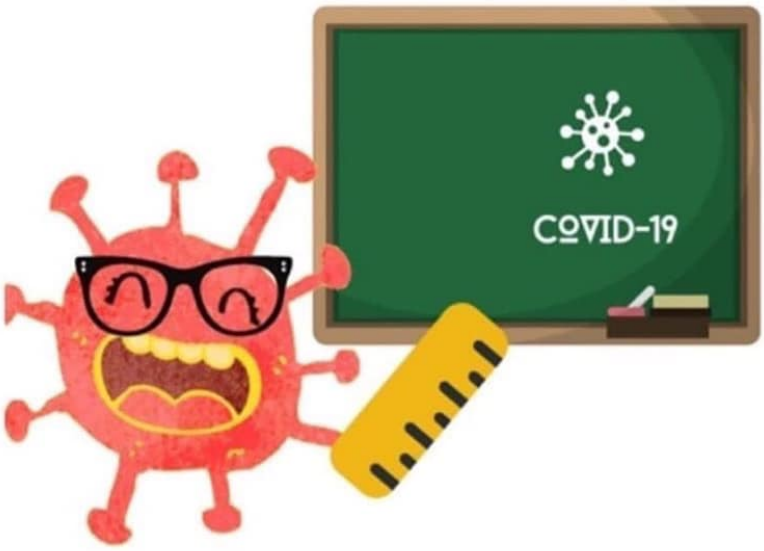
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Sometimes adults get worried when they read the news or see me on TV



But I am going to explain myself...

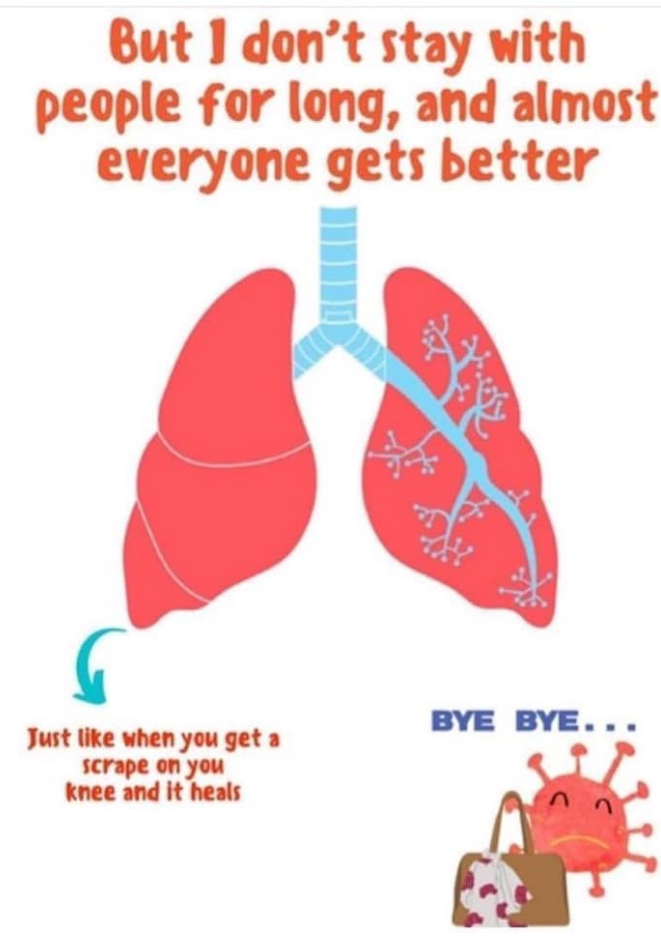


So you can understand...

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Dont you worry!

The adults who take care of you:

_____

will keep you safe



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And you can help...

1



By washing your hands with soap and water while singing a song

You can sign your favorite song, the happy birthday song, or the alphabet song

2



By using hand sanitizer and letting it dry on your hands

Without moving them count to 10

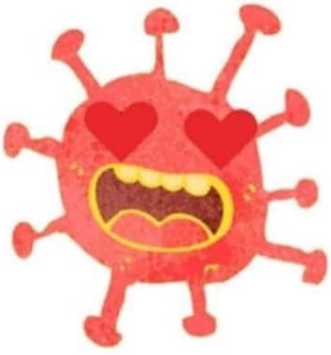
1, 2, 3, 4, 5, 6, 7, 8, 9, 10

Once your hands are dry you can get back to playing!!

If you do all that I will not come to visit



while the doctors work to find a vaccine that will allow me to say hi without getting you sick.





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