



## **PARENT/GUARDIAN TIPS & TOOLS:** **TALKING WITH YOUR CHILD ABOUT SCHOOL CLOSURES**

During times of uncertainty, it is important to provide your child with developmentally appropriate information that allows them to understand what is happening while staying calm. If you notice that you are feeling anxious or worried, that may not be the time to address your child. Take some time to address your own feelings before discussing with your child.

### **You can help create a calming environment by:**

- Limiting your child's exposure to the media (news stations, social media, radio).
- Talking with your child in a calm and neutral voice.
- Acknowledging your child's fears and answering his/her questions without providing information that may overwhelm them.
- Click [here](#) for more information on talking to your child about coronavirus.

### **Managing Emotions**

**[Cope with stress by looking for the positive](#)**. Keep your mind busy from the worries and do something fun!

1. Enjoy some family time (movie nights, board games, puzzles, cards, etc.)
2. Move your body.
3. Clear your mind (yoga, guided meditations, calming music)
4. Draw, write, color, paint and create!
5. Practice kindness (write thank you notes to community helpers, make a gratitude list, give compliments, etc.)
6. Video chats, calls and messages with friends and family.
7. Read a book.
8. Cook or bake a fun recipe.
9. Have an indoor picnic.
10. Have an at home spa day or self care day.