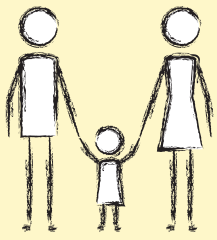


# CORONA VIRUS AWARENESS

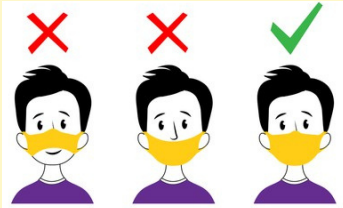
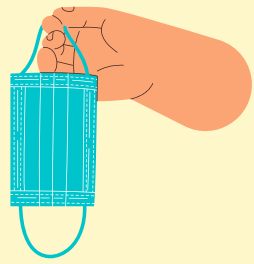
## PARENTING DURING COVID-19



*A Guide to support all parents who are working hard to protect and raise their children through the COVID-19 Pandemic*

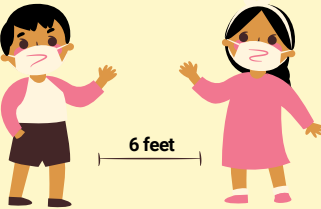


# REINFORCING COVID APPROPRIATE PRACTICES IN YOUR CHILD



## TEACH YOUR CHILD PROPER WAYS TO WEAR A MASK

- The mask should cover your mouth and nose.
- Avoid touching the mask. If you do, clean your hands with alcohol-based hand rub or soap and water.
- Replace the mask with another one as soon as it is damp. Wash your masks after every use.



## HELP YOUR CHILD WITH PHYSICAL DISTANCING

- Explain to your children that they have an important job of keeping themselves and their community healthy by temporarily physically distancing from others
- Show them extra positive attention when they make an effort to practice safe physical distancing from others
- Limit those leaving and returning to your immediate living space to as few and as infrequent as possible to keep yourself and others safe



## MAKE HANDWASHING AND HYGIENE FUN

- Practicing good hygiene is more important now than ever.
- Teach Children how to wash their hands with soap on regular intervals. Tell them the importance of 30 second handwashing rule- they can be taught to sing Twinkle Twinkle Little Star twice to complete 30 seconds of hand washing.
- Encourage children to avoid touching their face.
- Ask them to cough or sneeze on the elbow and immediately wash their hands.

## REGULARLY MONITOR YOUR CHILD'S HEALTH

- If your child feels any of the symptoms like cold, cough, fever, fatigue, loss of smell and taste etc. immediately get your child tested.
- If the child tests positive, isolate the child in a well ventilated room and keep a check on his/her health. Routinely give him/her medicine and nutritious food as advised by medical practitioners.
- If your child shows severe symptoms like breathlessness or chest pain or if your child has comorbidities like diabetes or heart and lung disease immediately seek hospitalization.



## FOLLOW DOCTOR'S ADVISE AND GET VACCINATED

- In case of hospitalization follow doctor's advise and treatment plan.
- In case both the parent tests positive or is hospitalized make sure the child is well looked after and leave the child with someone you can trust.
- The vaccine is safe and effective and hence it is advisable for everyone to take it. As of now it is only being given to 18+ people so register yourself through the Arogya Setu app or the [cowin.gov.in](https://www.cowin.gov.in) portal to book your slot.



## BE A GOOD ROLE MODEL FOR YOUR CHILD

- Lastly, If you practice keeping safe distances and hygiene yourself, and treat others with compassion, especially those who are sick or vulnerable – your children will learn from you. Be a person your child can look upto to.
- These are testing times for everybody a little empathy and care goes a long way!



# TIPS FOR PARENTS

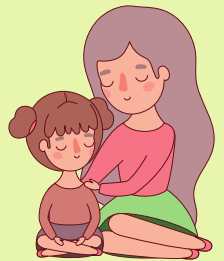


## COMMUNICATE:

Talking with children about a pandemic may feel difficult, but not knowing the full information, or knowing the wrong information maybe scarier and even more stressful for a child.

## BE HONEST BUT SENSITIVE

Tell them the facts truthfully and clearly. Be reassuring and comforting when explaining to a child. COVID-19 is infecting a lot of people across the world. But most people are recovering, especially children. Very few people are getting very sick from this disease



## FILTER NEWS & MEDIA



Be mindful of what children are seeing in news and social media. Watching too much news on the pandemic can make them anxious and stressed. Explain to them that not all the news on media is accurate or represent the full picture

## CHILD SAFETY

There has been a rise in cases of abuse faced by children during this pandemic and lockdowns. Be mindful and cautious that your child is in a safe environment. Believe them if they tell you that they are uncomfortable with somebody.



## SET A ROUTINE

Set a routine for everyone to follow. Ensure there is adequate time for sleep, play, T,V, work and study in the routine.. Discuss with your child what activities they think should be in the routine and when



## ENGAGE IN GROUP ACTIVITIES

Spending some time each day with your child doing activities or chores together. This will help them feel loved and cared and calm down feelings of anxiety and stress. It will also help your bond with them grow stronger.

## SELF CARE

Children mostly learn from example. It is important for them as much for yourself that you take care of your own physical and mental health and well being.



# **Explaining COVID-19 to Children**

## **WHAT IS COVID/CORONAVIRUS?**

COVID or COVID-19 is an disease and the coronavirus is the germ or virus which causes this disease in human beings.

## **WHAT IS A PANDEMIC?**

A pandemic is when a lot of people get the same disease. COVID-19 is a pandemic as a lot of people are getting sick from it right now.

## **WHAT HAPPENS TO PEOPLE WITH COVID-19?**

Most people will get a little sick with fever, cough, chest pain or stomachache for a few days and will recover. Some people may not have any symptoms. Only few people can get very sick and die.

## **HOW ARE PEOPLE GETTING COVID-19?**

A person can get COVID-19 when the virus enters the body from another person who has the Covid-19 virus. The virus can enter through our nose, mouth and eyes and make us sick.

## **WHY CANT DOCTORS CURE PEOPLE WITH COVID?**

Doctors are curing most people with COVID-19. But it is a new disease so they are still studying how to cure everyone. They have also made a vaccine which stops the Covid from turning dangerous if someone is infected.

## **WHAT IS A COVID VACCINE?**

Our body is naturally strong and can kill germs and viruses. Because COVID is new, our body does not know how to kill it. The vaccine trains our body to fight the virus. It is like building a police force inside our body to fight the covid germs.

### **WHEN WILL I GET THE VACCINE?**

Right now vaccines are being given to people who are more likely to get very sick. Most children are not likely to be very sick so they will be given the vaccine later

### **I SAW A VIDEO/MY FRIEND SAID THAT THE VIRUS IS FAKE & THAT THE VACCINE IS DANGEROUS**

A lot of people are sharing rumours and fake news about the virus and the vaccine. People are scared and that's why they are believing and sharing such news.

### **WHY IS EVERYONE SO SCARED OF COVID-19?**

Because it's a new disease and infecting people over the world, that is why everyone is talking about it. And that is making people more anxious and scared.

### **WHY CAN'T I MEET MY FRIENDS?**

Even though most people recover, we don't want people who can get very sick to be infected. Someone can be sick with COVID-19 and unknowingly spread it to others.

### **WHAT CAN I DO?**

Until things go back to normal, you can take steps to protect yourself and others from the virus by eating healthy food, exercising to stay fit and following COVID appropriate behaviour

### **WHEN WILL THINGS BE NORMAL AGAIN?**

The best minds in the world are working to make things better. We are sure they will succeed. Until then we have to be careful to protect ourself and others.

# Providing Emotional Guidance to Children during the Pandemic

1

## ONE-ON-ONE TIME WITH EACH CHILD

Set aside time to spend with each child. It can be 20 minutes, or longer.

For these 20 minutes, turn off the TV and keep your phones down. This is virus and news free time

Ask them if they want help with homework or if they want to do anything particular

### Things you can do:

- Draw or colour a picture with them together
- Do some physical exercise together
- Dance or sing, play antakshari
- Teach them to cook their favorite dish
- Do a chore together
- Tell them stories from your childhood
- Help with their homework or schoolwork



2

## ENCOURAGING POSITIVE BEHAVIOUR

**Say the behaviour you want to see**

Use positive words to tell your child what you want them to do. E.g: Say "Wash your plates" instead of "Why dont you ever clean your own plate?"

**Give them simple chores to do**

Give your children small tasks to do that they can do easily. This will give them a sense of purpose and also satisfaction and confidence when they complete it

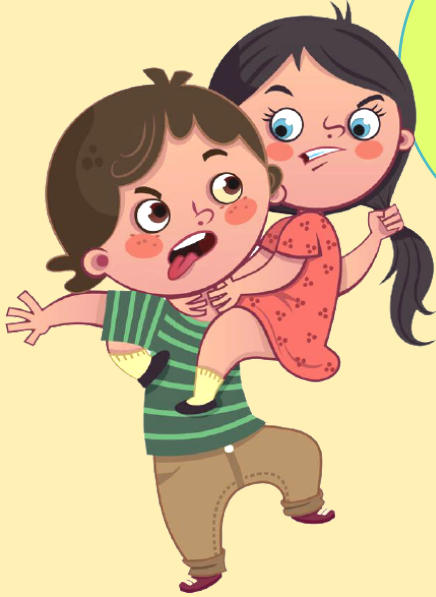
**Praise your children when they are behaving well**

It shows you notice and care when they do something good. They may not show any response, but you will see them doing the good thing again.



## 3

## WHEN YOUR CHILD MISBEHAVES



Do not scream and shout. It will stress you both. If you feel like screaming, take deep breathes and count to 10

Give them a choice, to calm themselves and speak politely or to not be taken seriously until they do

Listen to your children when they tell you how they feel. Comfort them when they express frustration or are upset

## 4

## FAMILY HARMONY

**BE THE ROLE MODEL**

Children learn what they see. How the adults talk to each other and how they talk to children influence how the children behave. The more we practice positive communication the better the children will behave

**SHARE THE WORK**

Looking after children and other family members is difficult. It is much easier to communicate positively when the work is equally shared amongst the family

**SPEND TIME TOGETHER**

Find things that you can do together as a family. It can be as simple as watching T.V, playing a board game, or sharing stories. Spend some time daily having fun together and it will reduce stress and anxiety for the whole family



-



- Fish
- Meat
- Eggs



- Amla
- Oranges/Mausambi
- Lemon
- Olive
- Sprouts



These are some of the food items that can be easily found in our locality. these food contain rich nutrients like protein, iron, vitamin, zinc etc. these food can strengthen our immunity to fight the viruses of different diseases including COVID-19.



## FOR MORE INFORMATION

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