

Keeping **KIDS** Active

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How to Communicate Honestly and Openly

Your kids are hearing about coronavirus. You want to make sure they get reliable information, and you want them to hear it from you. Here's some tips on how to talk about it honestly and openly.

Find Out What Your Child Already Knows

Ask questions geared to your child's age level. For older kids, you might ask, "What are you hearing about coronavirus? What questions do you have?" For younger children, you could say, "Do you have questions about the new sickness that's going around?" This gives you a chance to learn how much kids know — and to find out if they're hearing the wrong information. Follow your child's lead. Some kids may want to spend time talking. But if your kids don't seem interested or don't ask a lot of questions, that's OK.

Offer Comfort and Honesty

- Focus on helping your child feel safe, but be truthful.
- If your child asks about something and you don't know the answer, say so.
- Speak calmly and reassuringly.
- Give kids space to share their fears.
- Know when they need guidance.

Help Kids Feel in Control

- Give your child specific things to do to feel in control.
- Talk about all the things that are happening to keep people safe and healthy.
- Put news stories in context.
- Let them call or video chat with their relatives and friends that they are worried about.
- Let your kids know that it's normal to feel stressed out at times.

Keep the Conversation Going

Keep checking in with your child. Use talking about coronavirus as a way to help kids learn about their bodies, like how the immune system fights disease.

Talk about current events with your kids often. It's important to help them think through stories they hear about. Ask questions: What do you think about these events? How do you think these things happen? Such questions also encourage conversation about non-news topics.

This can be a difficult time for children in your Nations. The World Health Organization has developed a healthy parenting guide and advice on helping children cope with the stress of the outbreak. There is also this online children's book which may be of help to all the families in your communities. Check it out:

- [WHO Healthy Parenting Guide](#)
- [WHO Helping Children Cope with the Stress](#)
- [Online Children's Book "Hello I am a Virus, cousins with the Flu and the Common Cold"](#)



NEED TO TALK? SUPPORT IS AVAILABLE!
Contact your health centre for available supports.

Keeping **KIDS** Active

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Activities for Kids

Cree WORD OF THE WEEK

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Play

KIDS
SHARE OF
THE WEEK

Share a picture or a video show of your puppet you made with your family and friends!

Let's make something

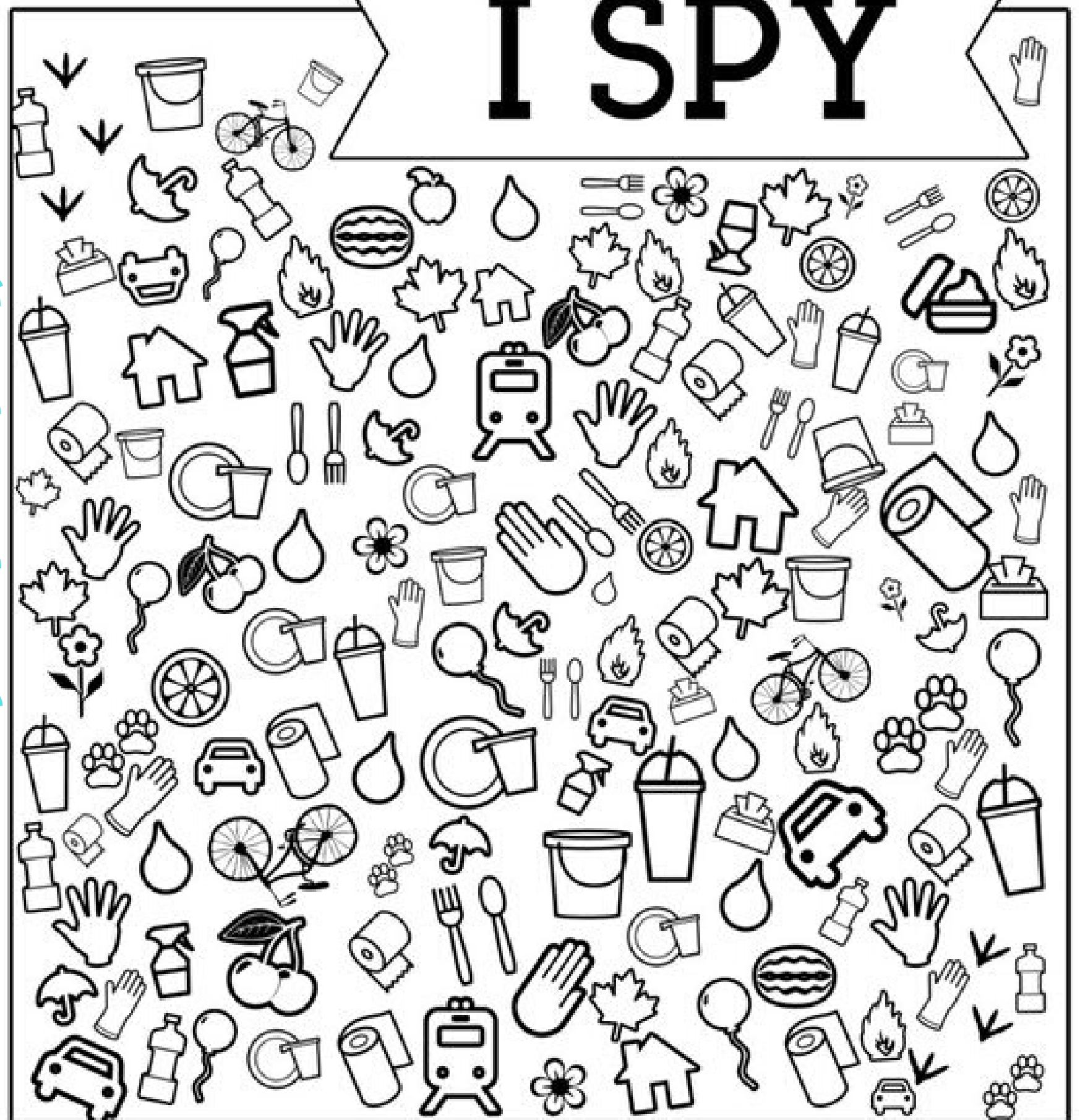
Create a Puppet

Take a clean gently used sock to create a puppet. This is a great way to share a story, have a puppet show, play a guessing game and have fun with. Use felts to create eyes and a mouth, if you have old buttons or yarn, you could attach to create eyes, or hair for your puppet.



GAME OF THE WEEK

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