



Parent Tips Talking with Your Children about COVID-19

We are determined to assist you and your family navigate the COVID-19 Pandemic which has created many challenges for parents. Explaining difficult situations to young children can be difficult. This is especially true as routines have changed and additional methods of health safety have increased.

When talking to your kids about the COVID-19, assurance of safety is essential. Children need simple, honest, and positive responses to their questions. Keep your answers short and developmentally appropriate for the age of your children. Often a simple answer, stated calmly and positively, satisfies a young child.

Five Pointers for Parents in Dealing with COVID-19 and Young Children

1. Be calm. Children feel stress and anxiety in the adults around them.
2. Reassure your children often. They are loved and safe.
3. Turn off the news when your children are present.
4. Keep the family's routine consistent.
5. Practice healthy habits: wash hands, get enough rest, clean common surfaces often, cough and sneeze into elbows, stay home when ill, etc.

The Berry Patch School has specific protocol and safety procedures in place to protect your family and staff members. If you have questions regarding COVID-19 safety practices, please contact Molly Dykstra, Director of The Berry Patch School (m.dykstra@berrypatchschool.com).

Please refer to the [CDC](https://www.cdc.gov/coronavirus/2019-ncov/index.html) website for up-to-date information regarding the COVID-19 and how to keep your family safe. (<https://www.cdc.gov/coronavirus/2019-ncov/index.html>)

If you have parenting questions or concerns, you are welcome to contact me at b.danielson@berrypatchschool.com or 612.619.5777.

***May the God of hope
fill you with all joy and peace as you trust in him,
so that you may overflow with hope
by the power of the Holy Spirit.
Romans 15:13***