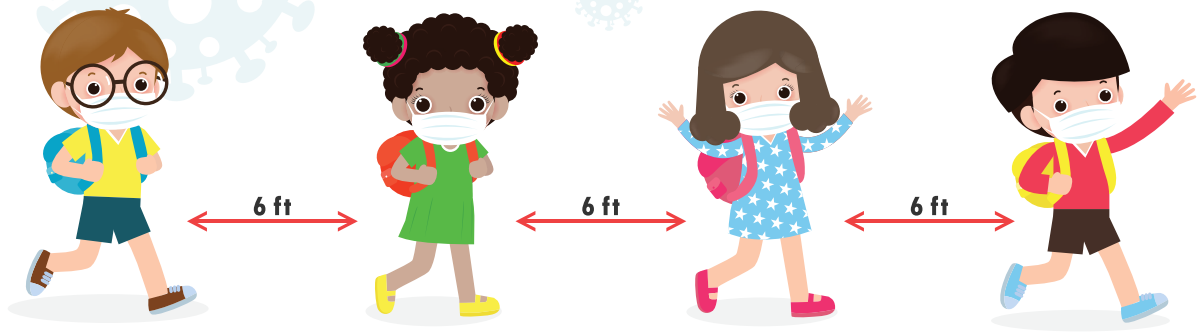


How to Help Your Child Stay Safe and Keep Others Healthy



Children love to help adults and demonstrate new skills they have mastered. They like to have control and independence, which fosters a sense of autonomy and accomplishment. Giving your child a “job” or a “role” to keep everyone safe and healthy can make your child feel important and motivated.

Below are jobs you can share with your child during this time:

- **Be an expert hand washer:** Wash for at least 20 seconds and choose a fun song to sing while you are washing.
- **Cough or sneeze into your elbow.**
- **Avoid touching your eyes, nose and mouth.**
- **Wear a mask:** This keeps your nose and mouth germs to yourself and protects you from other people’s germs. Make sure the mask covers both your nose and mouth. When you are out, you’ll see most people wearing masks, but you might notice a few people not wearing masks. While there may be some health reasons that other people can’t wear a mask, it’s important to tell your child to focus on what you both can do to keep safe and healthy!
- **Social distance:** When you are out of the house, stay at least six feet away from other people. How far is six feet? Imagine a jump rope laid out between you and the other person. Social distancing also means you may not see your friends as much right now. Luckily, there are other ways to stay connected during this time!



For more information please visit [inovachildrens.org](https://www.inovachildrens.org)