

Tips, Tools and Strategies for Managing COVID-19 and Safety with Children



Communication

- Ask them what they know
- Clarify misconceptions
- Use their words to further explain
- Explain things that directly affect them
- Emphasize what you and healthcare workers are doing to keep them safe
- Discuss what your child can do to help stay safe

Wearing Masks

- Explain the importance of wearing masks
- Give appropriate choices for control
- Be a good role model by wearing a mask over mouth and nose
- Do mask play with stuffed animals or timing interval games
- Enhance comfort with a yummy flavor lip balm for smell or provide a headband with buttons to attach the mask loops
- Provide praise when worn correctly

Creating Safe Activities

- Provide appropriate choices for activities or crafts
- Incorporate ways for them to stay in touch with friends and loved ones safely
- Include quality family time activities

Washing Hands

- Explain the importance of hand washing
- Provide appropriate choices of songs or counting
- Put up visual reminders of hand washing steps
- Have hand sanitizer as a backup
- Read books about hand washing
- Give praise when done correctly



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