



SOCIAL DISTANCING FOR KIDS

Take these steps to help kids minimize contact and the spread of germs.

TRY YOUR BEST

You don't have to be perfect. When parenting, there will be missteps. Always follow up with conversation and be willing to answer the questions they may have in a way they understand. If children can't find the words to express how they feel, listen actively and be willing to give their feeling a name.

HONESTY

Talk to children honestly and positively about personal space and how we need to increase that space right now with some people (e.g., no hugging or handshaking). Talk about what can be done instead – waving, dancing, sharing kind words, writing letters.

MIX IT UP

Keep children active and engaged. Find ways for children to be creative and inventive such as cooking in the kitchen and working with arts and crafts. This will cultivate learning and growing.

ENCOURAGE

Remember to catch your child doing something well and send success messages that will encourage good behavior.

SET GOALS

Identify daily goals and re-establish routines or create new ones. Have regular mealtimes and bedtimes. Be mindful to schedule play time, story time and cuddle time all while being flexible.

STAY CONNECTED

Allow the use of technology as a way to stay connected to family and friends. Consider scheduling screen time so children know when they will be able to communicate with their loved ones.

CHOICES

Offer choices, whenever possible, so children can self-regulate.