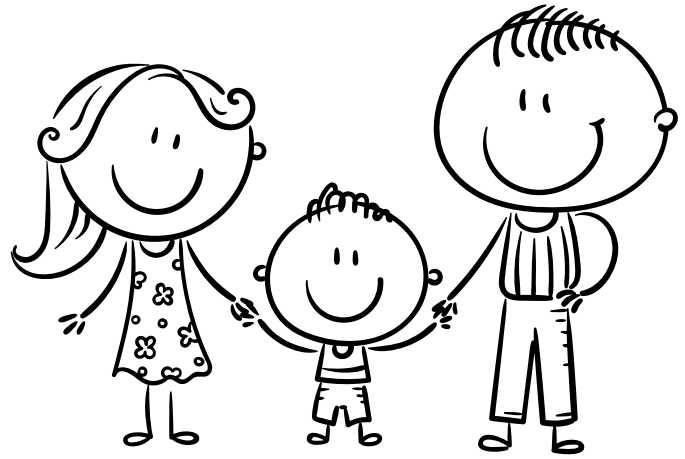


# COVID-19 TOOLKIT FOR PARENTS

# ABOUT THIS TOOLKIT



## DEAR PARENTS,

Due to the COVID-19 pandemic, we are currently facing difficult times on the individual, family and social levels. The risk of being infected and the uncertainty and fear that accompany the situation might have an impact on both the psychological and the physical situation of adults and children alike.

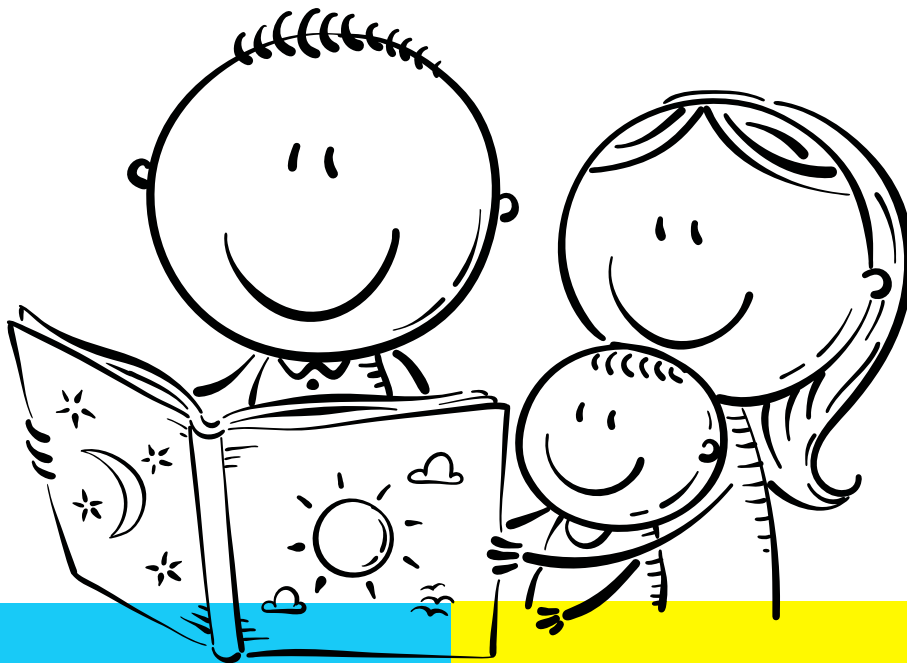
The little ones are also experiencing most of the changes that we, adults, are facing as a society, but with little understanding on how to deal with such uncertainty and restrictions.

Children look to their parents (and other significant adults) for guidance to understand stressful situations and to learn how to react to them. Without this guidance, children can get confused and overwhelmed.

However, if they feel connected, cared and loved, and see their parents taking care of themselves, children's resilience will be strengthened. That's why IsraAID has prepared this toolkit for you, the parents: to support you, supporting your child.

**THAT'S WHY  
ISRAAID HAS  
PREPARED THIS  
TOOLKIT FOR YOU,  
THE PARENTS:  
TO SUPPORT YOU,  
SUPPORTING YOUR  
CHILD.**

# THIS KIT CONTAINS



## **A STORY TO BE READ AS A FAMILY**

We strongly encourage that the story is read by a parent or caregiver and not by the children on their own, so that any questions that arise during the reading can be addressed on the spot, avoiding misinformation, and helping them in managing their emotions regarding Covid-19

## **INFORMATION FOR PARENTS**

The impact of stress on people and tips to support parents in taking good care of themselves and their children (including supplementary activities that you can practice together).

# THE STORY

The following story was prepared by IsraAID's team to help you explain to your child what Covid-19 is, its effects, and how we can protect ourselves and others from it. We strongly recommend that the story is read by a parent or caregiver and not by the children on their own, so that any questions that rise during the reading can be addressed on spot, avoiding misinformation, and helping them in managing their emotions regarding Covid-19. At the end of the story, you'll find a few tips on how to further explore the topic and engage your children in the protection actions.

Once upon a time, a clumsy magician called Corona used to spend his days creating magic potions and practicing new tricks and spells.



One day he decided to travel the world, flying in the sky, taking his potions with him in a small sack. Unfortunately there was a small hole in the sack and, accidentally, a bottle of potion fell out and shattered. A few drops of the potion fell on people who were passing by down there at the time. Some of the people got sick from touching the potion, started sneezing and feeling really bad, and had to go to the hospital and get help from the doctors. Unfortunately this specific potion had a very strong effect and it could easily affect people who got near it. Quickly, people realized that they were also affecting other people by being close to them, and they understood that they needed to protect themselves from it.

Myriam, a 8 year old girl, was told by her mother that in order to remain safe and protect other people from the potion, everybody needed to

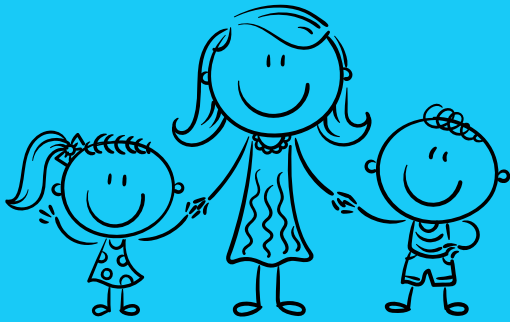
wash their hands for 20 seconds, with soap and water, many times a day, before eating and also after wiping their noses! Washing hands would protect not only her but also the people around her! Children and adults were asked to sneeze and cough into the elbow and not the hand, and also to avoid touching their faces.



When the word spread that a lot of people were becoming sick from the potion, Myriam and a lot of people she knew (children and adults alike) got frightened and worried about getting sick or passing the potion effects to others and they had a right to be!

Myriam felt confused that people were being asked not to get close to one another and stay at home with their families for a while to make sure that the potion effects will not spread around. At the same time, she wanted to protect herself and the people she loves, and so did her best to remain

safe and protect others. “So that no harm Corona will make, only four steps I have to take”, she used to sing in order not to forget.



At some point, Myriam started feeling sad about not being allowed to play with her friends or go to school like she used to do. She felt much better, though, when she shared those worries with her friends and family. She learned that there are a lot of people supporting her and that she is not alone.

Because she couldn't meet and play with her friends, she started calling them on the phone. She also found things that she likes to do by herself—drawing, dancing, cooking and playing with her siblings.

Myriam and the other people realized that the best way to make the potion disappear from the world was to work together. When we protect ourselves from the potion, we also protect others.

“So that no harm Corona will make,  
only four steps we have to take...

**Into your elbow you cough and sneeze,  
And your face you shall not touch, please.  
Wash your hands with water and soap,  
Keep your distance, your smile and hope!**

and that so everything will be alright, working  
together we will spark the light.”

## activity



*After reading the story you can go over the children's pamphlet with your child and explain to them a little bit more about the virus. You can also do the activity suggested here: Ask children to imagine themselves as one of their favorite superheroes, who will defeat the virus using their superpower that is their own behavior. Explore with your children the behaviors that they can adopt to triumph over coronavirus and prevent it from spreading: wash our hands regularly with water and soap for 20 seconds, sneeze and cough into the elbow (and not to the hand), not touching our faces, stay at home with family. Explain that in order to beat coronavirus it is also important to continue to exercise, eat and sleep properly and collaborate in planned family activities. Understanding that they themselves can be the protagonists of a story with a happy ending gives them a greater sense of control, reduces anxiety and gives them the notion that they can contribute to the good of all.*

# WHAT IS STRESS



Stress is the way we feel in our body and mind when we believe that we do not have the resources to deal with the situation. Have you noticed that under situations that you find difficult to handle, too challenging or even disruptive, your body normally reacts with alertness and action?

**PERSONAL  
RESOURCES**



**CHALLENGING  
SITUATION**

There are some behaviors, thoughts and emotions that are more common among children in times of stress. As an example, the reactions can be:

## **PHYSICAL**

Change of appetite, difficulty sleeping, head and stomach ache.

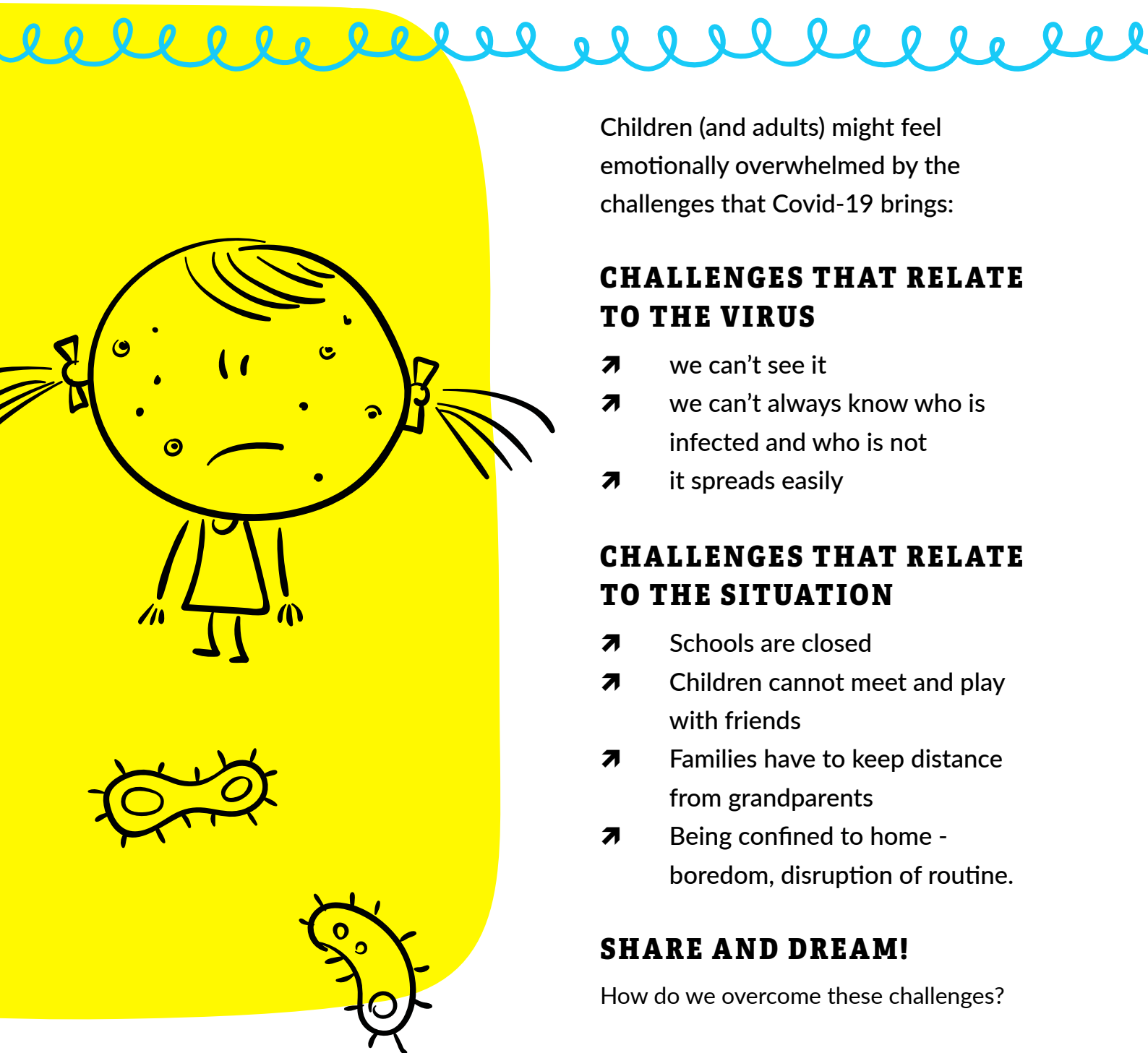
## **EMOTIONAL**

Agitation, nervousness, fear, anger.

## **COGNITIVE**

Constant worrying, difficulty focusing.

# CHALLENGES WE FACE



Children (and adults) might feel emotionally overwhelmed by the challenges that Covid-19 brings:

## **CHALLENGES THAT RELATE TO THE VIRUS**

- we can't see it
- we can't always know who is infected and who is not
- it spreads easily

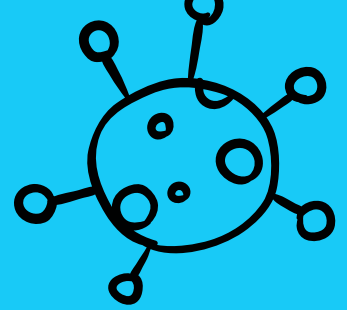
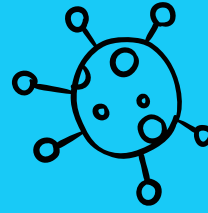
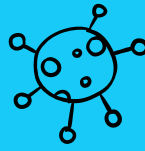
## **CHALLENGES THAT RELATE TO THE SITUATION**

- Schools are closed
- Children cannot meet and play with friends
- Families have to keep distance from grandparents
- Being confined to home - boredom, disruption of routine.

## **SHARE AND DREAM!**

How do we overcome these challenges?

# SHARE AND DREAM



## what?

# S H A R E

### SELF CARE

Take care of yourself. Your child is dependent on and is observing you. If you're relaxed, your child will be relaxed.

### HYGIENE

Wash hands with soap and water, keep the necessary distance to avoid infection.

### ACTIVITY

Physical activity helps children regulate stress.

### RESPONSIBILITY

In times of emergency children might feel helpless. Being responsible for some tasks/chores might assist in reducing the feeling of helplessness and provide a sense of self-efficacy.

## how?

Create a self-care plan. Find inspiration for activities in the next section.

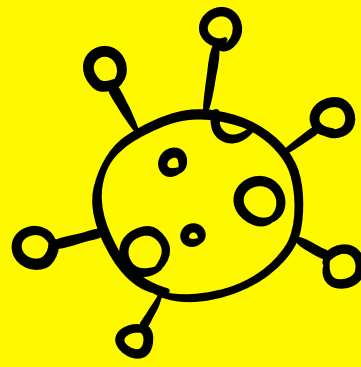
Teach and practice the methods of hygiene promotion in the house.

Encourage your child to be active through play and sports.

Give your children responsibilities according to their age and capabilities.



# SHARE AND DREAM



## what?

# A

### **ART**

Children use expressive methods to express their emotions.

# N

### **NORMAL REACTION TO ABNORMAL SITUATIONS**

People react differently to stressful events.

# D

### **DAILY ROUTINE**

A routine gives a sense of control where there was a feeling of helplessness. Being able to predict “what comes next” gives a sense of safety and security.

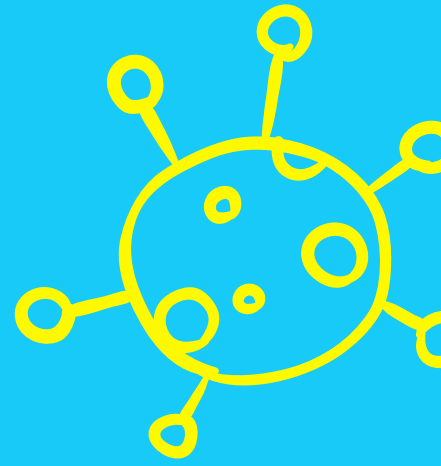
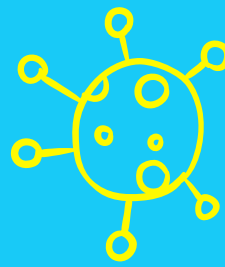
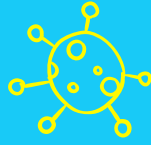
## how?

Encourage your child to practice arts like music, dance, theater, and drawing, and express curiosity regarding their process and outcome.

Don't be judgmental about your child's behavior. Normalize your child's emotions and behavior. Consult with a specialist if there is a major disruption in the daily routine.

Try to maintain the normal daily routine as much as possible.

# SHARE AND DREAM



## what?

# D R E A M

### **DEDICATE**

Time to listen to your child.

### **RELAX**

Practice relaxation techniques

### **ALLOW**

Emotional expression.

### **MEDIA**

Regulating media exposure can assist with reducing stress

## how?

Be fully engaged in the conversations with your child and try to be active while listening (ask questions, be attentive).

Use relaxation techniques to assist yourself and your child: breathing exercises, physical activity, listening to music, grounding exercises, meditation, etc.

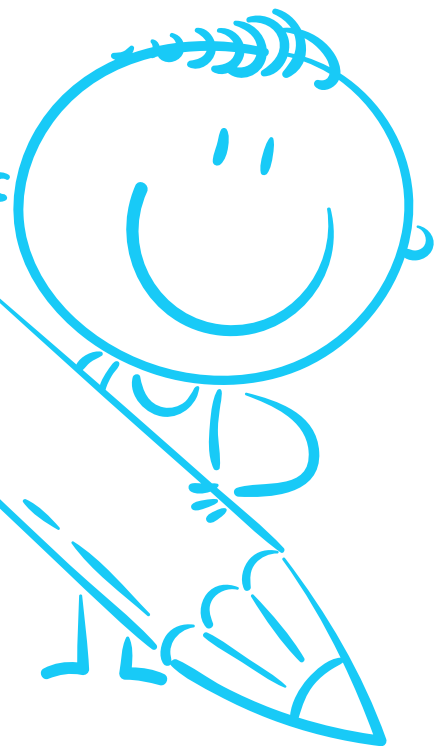
Allow and encourage your children to express their emotions and support them in the process.

Regulate your child's exposure to media. If you have any questions regarding COVID19 ask a community health specialist or use the World Health Organization website ([www.who.int](http://www.who.int)) as reference.

# FAMILY TIME ACTIVITIES

Staying at home can be challenging in many ways... It can also be a good opportunity to cultivate (even) better relationships with your children. Quality time together as a family fosters the bonds between parents and their children, and also makes children feel cared about, loved and connected – which will help them in thriving through this.

*Here are some activities that you can do with your children. Feel free to add more to the list!*



## art

*Encourage your child to practice arts:*

- Write and perform a play (alone or with family)
- Prepare and perform a choreography so that others guess the theme
- Draw a place they like draw or paint a beautiful place where you'd like to be
- Make different objects “happier” by coloring them with the colors that make your children feel happy

*Remember to express curiosity regarding their process and outcome.*

# FAMILY TIME ACTIVITIES

## self-care

*Make your own Self-Care commitment!*

*Your life is being impacted in its many realms: emotional, mental, social, physical and spiritual. Here are a few activities that you can do despite the social restrictions. Create your own customized plan and make sure to include the things you like the most!*

- **Watch a good movie**
- **Verbalize and talk about your emotions – say “I love you” more often**
- **Have a morning & night routine**
- **Try a new craft**
- **Call (even better: videocall) the people you miss spending time with**
- **Stay informed, following the news once or twice a day should be enough**
- **Have a sing-a-long**
- **Eat healthy**



# FAMILY TIME ACTIVITIES



## hygiene

*Recall the story as needed: "So that no harm Corona will make, only four steps we have to take."*

*Invite your children to make some drawings on the topic and stick them around the house, reminding everybody how to stay safe from Corona virus.*

*Encourage your children to write a song to remind them of the hygiene actions we need to take to be protected from COVID-19, and to sing it whenever they are applying it.*

# FAMILY TIME ACTIVITIES

## exercise

*Most people cope better with stress when they practice physical activity. For children physical activity also helps to relieve tension. Here are few exercises you can practice with your children:*

- Jump back and forth like a frog for 45 seconds, pause, and repeat.
- Dance together to your favorite songs; have a dance competition.
- Try new yoga positions.

## story telling

*Encourage story telling as a family. Sitting together with your children, choose a topic that is suitable for their age. One of the family members comes up with the theme and says the first sentence of the story. Once that person decides to stop, the person sitting on the right side should say “Yes, and.... (new information)” continuing the story. Keep going around until the end of the story.*



# FAMILY TIME ACTIVITIES

## responsibility

*Encourage your children to be engaged in different tasks and responsibilities around the house, appropriate for their age. Together plan the daily/weekly routine, specifying each one's responsibilities, such as:*

- **decluttering old toys**
- **making a grocery list together**
- **cleaning-up**
- **cooking together**

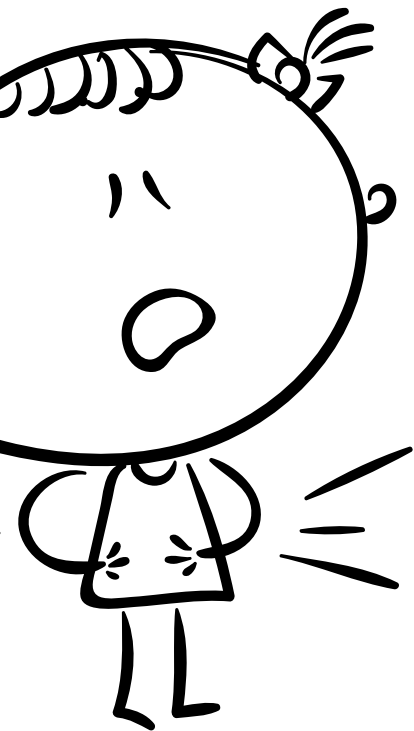
*Remind your children that they are supporting the community in overcoming the spread of the virus by practicing social distancing and good hygiene. Another way that they can take responsibility in is by writing caring letters/sending drawings to people who are sick/in isolation, for instance.*



# FAMILY TIME ACTIVITIES



## feelings



*Tell stories and/or watch movies together that are appropriate to the age of the child, in which the characters also felt fear, sadness, and/or anxiety.*

- **Inform your children that it is fine to feel that way once in a while.**
- **Praise them for sharing their fears and worries and be empathetic while doing that.**
- **Remind them that situations that make us feel that way are usually temporary and recall moments in which that happened.**

*If it makes sense, let them know about the good that you've been witnessing coming out of the outbreak: the solidarity among people, spending more time as a family, and the potential environmental impact of fewer cars and planes.*



# FAMILY TIME ACTIVITIES



## routine

*As a family, create a quarantine calendar in which you can consider not only the main tasks and responsibilities of each member of the family but also the things you'll be doing for fun. For instance:*

- The good things you discover
- Things you are grateful for
- Learn a new thing/word everyday
- Try different recipes

*The Bean in a Jar experiment is also an activity to help with routine: You need: a broad bean seed, a jar, cotton wool (take some from your first aid kit), water. Once you have the materials:*

1. Swirl a small amount of water around the jar
2. Place the cotton wool in the jar
3. Place the bean seed in the jar resting on the cotton wool
4. Spray some water on the bean every few days
5. The bean should start to grow roots after a few days
6. Watch it grow!

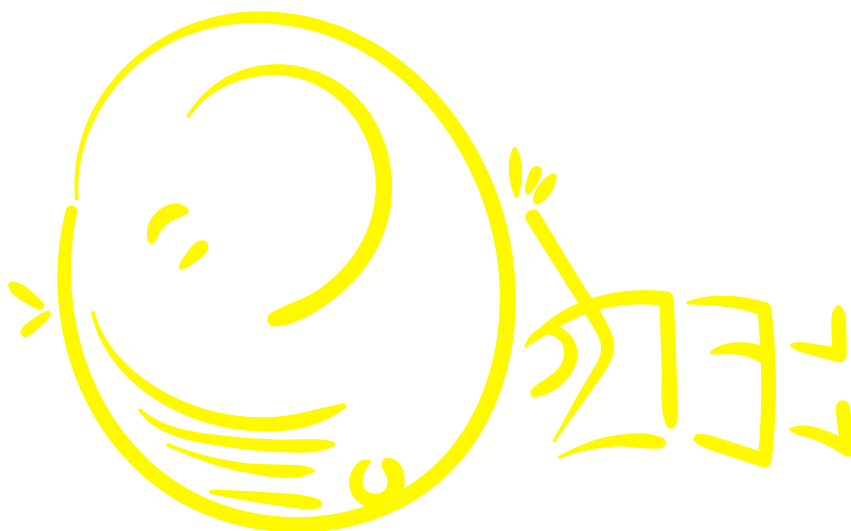
# FAMILY TIME ACTIVITIES

## relax

*Teach your children how to relax their body by laying on the floor, breathing in to allow to enter their body, and then exhaling slowly. Put an object on their stomach and call their attention to watch it go up and down, up and down...*

*Challenge your children to look around the room for 1 minute, finding things they've never noticed before (it can be dad's new haircut, a crack on the wall...).*

*Play the game "From where I stand, I can see...", by listing the things you can see from where you are standing: it can be natural elements that you see in the room you are at, or all the blue things, or the round objects... your pick!*



# FAMILY TIME ACTIVITIES

## expression

*Any activity can be an opportunity for emotional expression. While doing the activities recommended here (and others), follow up with your children on how they are feeling, paying attention without judgement.*

- Create specific moments for laughter – like a family joke telling contest
- Encourage the family to write each other positive notes
- Create a joy jar, where each member of the family can put a note/drawing with something that brought them joy that day. You can later point out to the children how the jar is quickly filling up.
- Encourage phone and videocalls with family and friends



# FAMILY TIME ACTIVITIES



## media



*It's not healthy to keep the TV always stay on. Turn it on only at certain times of the day, which can be defined on the daily plan. News of the virus can generate anxiety in children, mainly as they have a limited understanding of what's being said.*

*Listen to your children's questions and try to provide accurate information regarding COVID19 as much as possible, but don't overwhelm them with too much information.*

*Encourage your older children to search for information from official sources (World Health Organization, UNICEF). Do this research together. Ensure that they are in possession of the right information and do not share fake, alarmist or discriminatory news.*

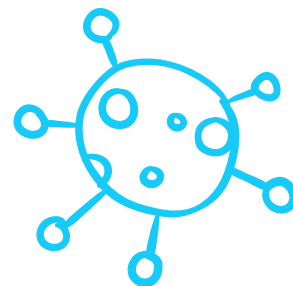
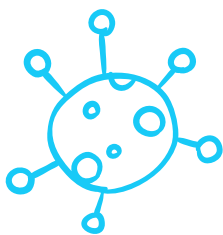
**WITH SO MUCH OUT OF OUR CONTROL, WE MIGHT FEEL ANXIOUS, FRUSTRATED, AND EVEN HOPELESS SOMETIMES. REMEMBER SHARE AND DREAM!**

**IF CHILDREN (AND PARENTS!) UNDERSTAND THAT THEY HAVE TOOLS TO DEAL WITH THE CHALLENGE THEY ARE NOW FACING, THEIR LEVELS OF STRESS WILL REDUCE AND, TOGETHER, WE'LL BE ABLE TO THRIVE THROUGH THIS.**



**SO THAT NO HARM CORONA  
WILL MAKE, ONLY FOUR STEPS  
WE HAVE TO TAKE... SO THAT  
EVERYTHING WILL BE ALRIGHT,  
WORKING TOGETHER WE WILL  
SPARK THE LIGHT.**

# Children's Pamphlet



**CORONA IS A VIRUS - A VERY TINY ORGANISM (SO SMALL IT'S NOT VISIBLE TO THE HUMAN EYE) THAT CAN CAUSE DISEASES. IT CAN MAKE PEOPLE SICK (FEVER, COUGH, SHORTNESS OF BREATH). IT EASILY PASSES FROM ONE PERSON TO ANOTHER.**



# Children's Pamphlet

**WHAT DO YOU THINK  
CORONA LOOKS LIKE?**

**YOU CAN TAKE A PAPER  
AND PEN/MARKERS/  
CRAYONS AND DRAW  
WHAT YOU IMAGINE IT  
TO LOOK LIKE.**

**WHAT SIZE DO YOU  
THINK IT IS?**

**DO YOU WANT TO KNOW  
WHAT SIZE IT REALLY IS?**





# Children's Pamphlet



**IT IS SO SMALL THAT WE CAN'T ACTUALLY SEE IT WITH OUR OWN EYES**

# Children's Pamphlet

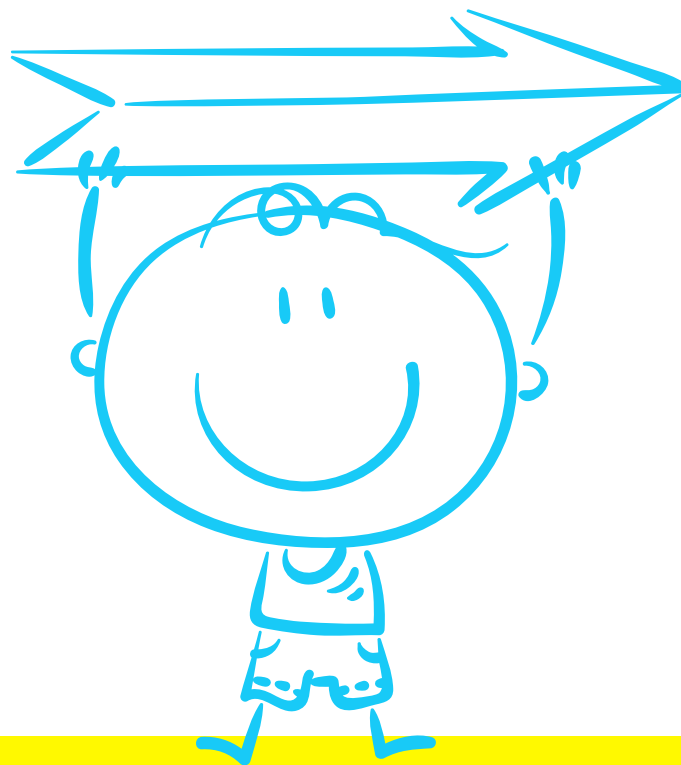
**SO SHE WOULDN'T FORGET HOW SHE CAN PROTECT HERSELF FROM IT, MYRIAM KEPT SINGING: SO THAT NO HARM CORONA WILL MAKE, ONLY FOUR STEPS WE HAVE TO TAKE:**

**INTO YOUR ELBOW YOU COUGH AND SNEEZE**

**AND YOUR FACE YOU SHALL NOT TOUCH,**

**PLEASE WASH YOUR HANDS WITH WATER AND SOAP,**

**KEEP YOUR DISTANCE, YOUR SMILE AND HOPE!**



# Children's Pamphlet

**MYRIAM DISCOVERED THAT BY PROTECTING HERSELF SHE IS ALSO PROTECTING OTHERS! SHE FEELS MUCH BETTER NOW THAT SHE KNOWS WHAT SHE CAN DO AND HOW SHE CAN HELP. YAY!**

**WHAT ABOUT YOU?**

**HOW DO YOU FEEL?**

**YOU CAN TAKE  
A PAPER AND  
PEN/MARKERS/  
CRAYONS AND  
DRAW HOW YOU  
FEEL.**



# Children's Pamphlet

**MYRIAM WANTED TO TELL YOU SOMETHING ABOUT THE THINGS THAT HELPED HER WHEN SHE WAS SAD ABOUT NOT BEING ALLOWED TO PLAY WITH HER FRIENDS OR GO TO SCHOOL LIKE SHE USED TO:**



**CALLING FRIENDS AND**

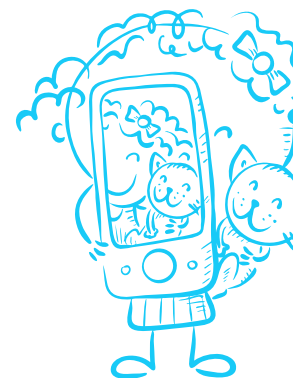
**FAMILY ON THE PHONE AND**

**SHARING HER WORRIES**

**DRAWING AND DANCING**

**COOKING A SMALL MEAL**

**PLAYING WITH HER SIBLINGS**



**LIST OR DRAW THE THINGS THAT HAVE BEEN HELPING YOU!**

# Children's Pamphlet

**AND DON'T FORGET: SO THAT NO HARM  
CORONA WILL MAKE, ONLY FOUR STEPS  
WE HAVE TO TAKE:**

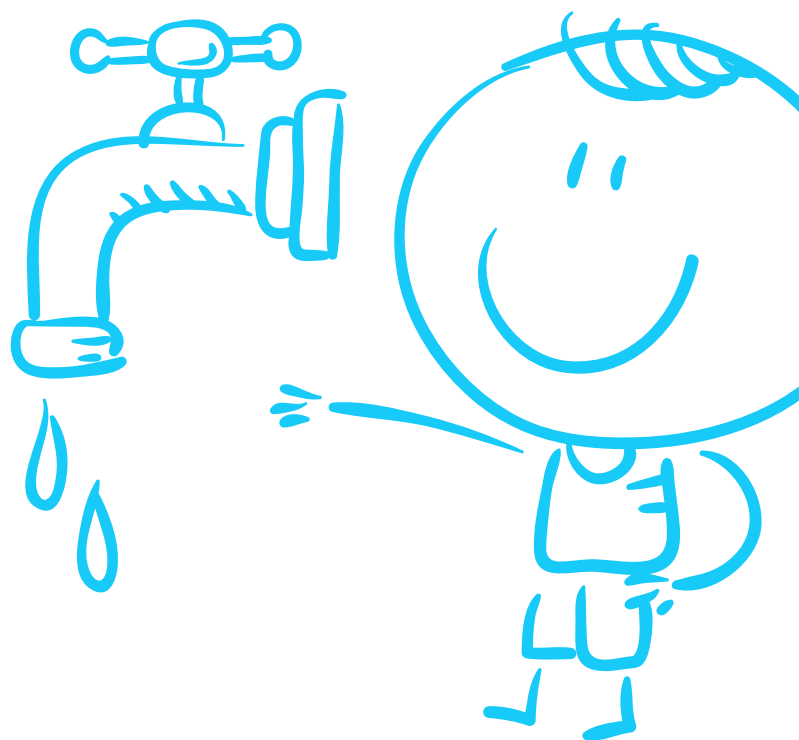
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**AND YOUR FACE YOU SHALL NOT TOUCH,  
PLEASE**

**WASH YOUR HANDS WITH WATER AND SOAP,**

**KEEP YOUR DISTANCE, YOUR SMILE AND HOPE!**

**... AND THAT  
SO EVERYTHING  
WILL BE ALRIGHT,  
WORKING  
TOGETHER WE  
WILL SPARK THE  
LIGHT.”**



**WE THANK THE ISRAAID PROTECTION  
TEAM AND ANA OLIVEIRA FOR THEIR  
CONTRIBUTION TO THIS TOOLKIT.**

**IsraAID.org**

