

Tips for Parents and Kids

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Corona Virus Q & A plus Tips and Activities for Kids & Families

We know this can be a scary and overwhelming time for parents and students alike! Whether you have questions on how to talk with your kids or are feeling restless from being cooped up in the house, here are some resources that might help!

Questions About Coronavirus:

Need some help talking to your child about coronavirus? Check these out.

[Questions about Coronavirus and What you can do if you feel worried from Counselor Keri Resource](#)

[Parent Handout for Supporting Kids from Counselor Keri](#)

[CDC Facts and Talking with Children](#)

[Age Appropriate Resources Grades PreK-12](#)

This Week's Activities:

Try these ideas for age-appropriate activities to enjoy with your kids.

Pre-K to Early Elementary: Video chat or call loved ones and friends.

Listen to favorite children's books read by famous people:

www.storylineonline.net/

Check out this link for more ideas: [Family Activities to Try During Closure from ODH](#)

Elementary-Middle School: Pretend you and your friend live across the country. How might you keep in contact? While having sleepovers is not the best idea at this time, having virtual hangouts, writing letters and making phone calls are great ways to keep in touch with friends! Maybe you can have a movie night where each friend watches the same movie and then talk after about your favorite parts! Try [NETFLIX PARTY](#), an app that allows you to watch a movie or show on Netflix in sync with your friends and chat while streaming!

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