



# PARENT & CAREGIVER RESOURCE GUIDE

*Support and resources for you & your child during COVID-19*



*Dear Parents & Caregivers,*

Our team at Children's Tree House is dedicated to the health and well-being of our clients. Due to concerns about transmission of the COVID-19 virus, and under the advisement of the National Children's Alliance, we are limiting all time spent in our physical office space.

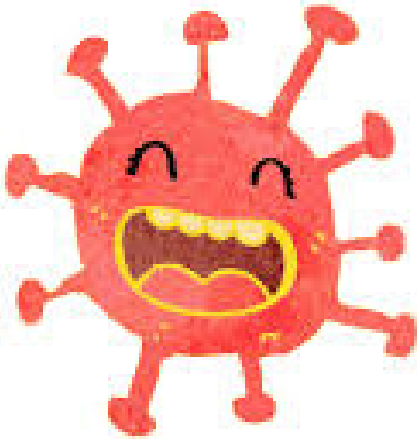
Please know that our staff are here for you during this stressful and uncertain time. Our staff is committed to taking all necessary health and safety precautions. During this time, if your child is having a mental health emergency or crisis, please call 911.

We wish you health & safety during this time!

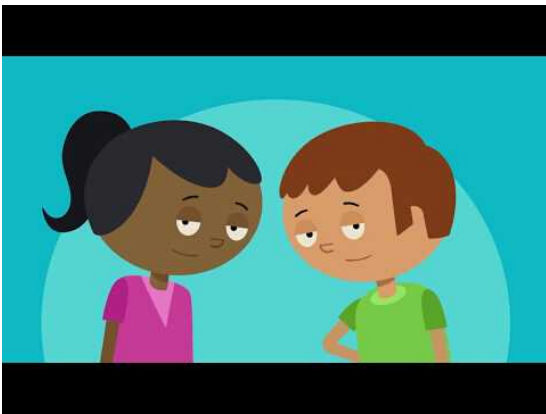
*-Children's Tree House CAC Staff*

# HELLO !

**I am a VIRUS,  
cousins with the Flu and  
the Common Cold**



**My name is Coronavirus**



## KNOW THE FACTS:

### What is coronavirus (COVID-19)?

Coronavirus (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China

### What are symptoms of coronavirus COVID-19?

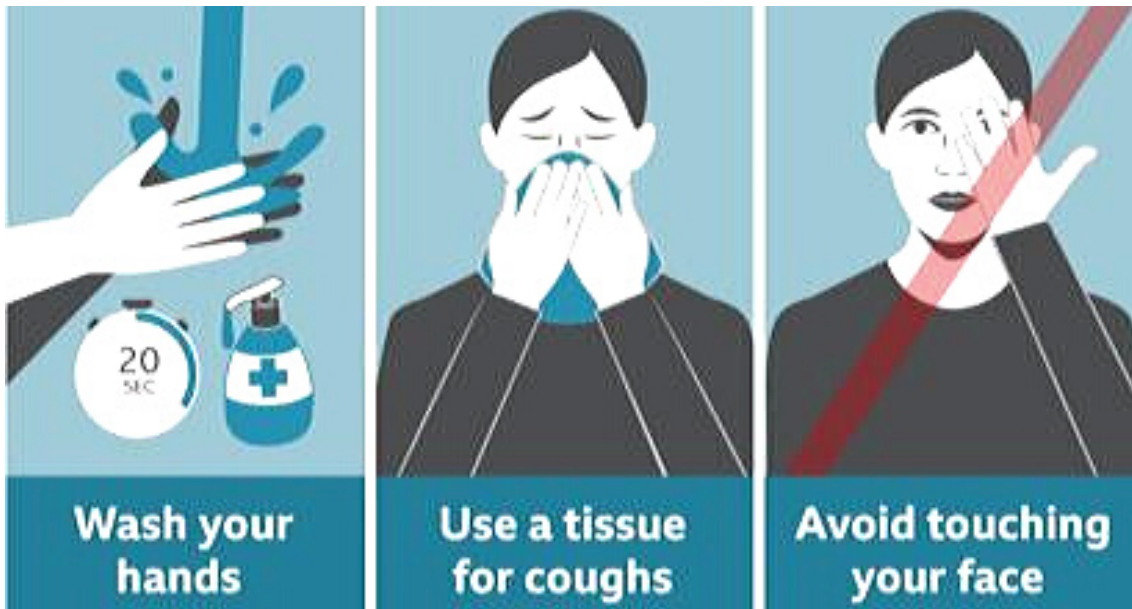
Common signs of infection include respiratory symptoms, fever, cough, shortness of breath, and breathing difficulties

### How is coronavirus COVID-19 spread?

According to the Center for Disease Control, COVID-19 spreads easily between humans. The virus is thought to spread between people who are in close contact with one another (within 6 feet). It is spread through respiratory droplets produced when an infected person coughs or sneezes.

## To learn more, visit:

[HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-  
NCOV/DOWNLOADS/2019-NCOV-FACTSHEET.PDF](https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf)



## How to stay safe

**1. CLEAN YOUR HANDS OFTEN. WASH YOUR HANDS WITH SOAP AND WATER FOR AT LEAST 20 SECONDS.**

**2. AVOID CLOSE CONTACT. THE CDC RECOMMENDS BEING AT LEAST 6 FEET AWAY FROM OTHERS. DO NOT BE IN GROUPS LARGER THAN 10 PEOPLE.**

**3. PRACTICE SOCIAL DISTANCING.**

**4. CLEAN AND DISINFECT FREQUENTLY!**

**5. STAY HOME IF YOU ARE SICK OR SUSPECT THAT YOU HAVE BEEN AROUND SOMEONE WHO IS SICK.**

**UNITED WAY OF THE CHATTAHOOCHEE VALLEY**

# **CONNECT TO RESOURCES**



# **TEXT YOUR ZIP CODE TO 898-211**

This is the best way to connect to local resources right now. 24 hours a day, free, confidential.

Visit [211uwcv.org](http://211uwcv.org).

# LETTER FROM OUR THERAPISTS

*From Susie Olive-Allison & Tori Young*

Dear Caregivers & Parents,

In an abundance of precaution, we have determined that most in-person therapy will be postponed until it is safe for children and staff. Each client has different needs, so please reach out if you feel that your child is in need of an urgent in-person therapy session.

We are currently developing protocols to provide mental health counseling through a tele-mental health platform. Stay tuned for the next steps and "how-to" guide from us!

We will continue to monitor and assess the situation and be in touch with you regarding your needs during this stressful time and setting up your next counseling appointment.

Please be advised, if your child is having a mental health emergency or crisis, please call 911.

We are here for you all and know that this is a stressful time for many children and families. Give us a call and let us know how we can help. We cannot wait to be back in the office and continuing to provide the best care possible!

# How to reach your child's therapist:



## TEXT:

WE WILL CONTINUE RECEIVING  
TEXTS VIA GOOGLE VOICE AT  
**334-377-2038**



## EMAIL:

**TYOUNG@TWINCEDARS.ORG**  
**SALLISON@TWINCEDARS.ORG**



## CALL:

IF YOU NEED TO SPEAK TO OUR  
ON-CALL COUNSELOR YOU MAY  
REACH THEM AT  
**706-505-5130**

IF YOU ARE  
UNABLE TO REACH YOUR CHILD'S  
THERAPIST THROUGH THE ABOVE  
METHODS, OUR OFFICE ON-CALL  
NUMBER IS **706-577-5987**



# HOW TO TALK TO KIDS ABOUT COVID-19

## 1 STAY OPEN TO QUESTIONS

There is a new virus a bit like the cold, not many kids are getting it, but the DR's are helping everyone.

## 2 WASH YOUR HANDS

Sing the Happy Birthday song twice every time you wash your hands, rub them together with soap!

## 3 IT CAN IMPACT ANYONE

It doesn't matter where you or your parents come from, be caring to everyone. It's not your job to worry.

## 4 KIDS ARE STRONG

Eat healthy foods, sneeze into your elbow, drink lots of water and try not to touch your face!

## FOR A TOOLKIT OF RESOURCES



VISIT [VACAVILLEUSD.ORG/CORONAVIRUS](https://vacavilleusd.org/coronavirus)

FOR MORE INFORMATION VISIT:  
[HTTPS://CHILD MIND.ORG/ARTICLE/TALKING-TO-KIDS-ABOUT-THE-CORONAVIRUS/](https://childmind.org/article/talking-to-kids-about-the-coronavirus/)

# Preschoolers

[FROM: HTTPS://SPARKANDSTITCHINSTITUTE.COM/TALKING-TO-CHILDREN-ABOUT-CORONAVIRUS/](https://sparkandstitchinstitute.com/talking-to-children-about-coronavirus/)

**Safety is a primary concern for this age group. Reassure them that adults are in charge and working to keep people safe, healthy, and secure.**

**Preschoolers are also concerned about the health of parents, relatives, and friends. Reassure them that everyone is doing what they can to stay healthy and take care of others. Remind them that they can stay healthy by washing hands and sneezing into their elbows. Use media to make hand washing fun with songs, learn about hand washing from Daniel Tiger, or learn how to sneeze with Elmo.**

**Preschoolers are not always able to distinguish fantasy and reality. Limit news media exposure.**

**Look for non-verbal signs that your preschooler may be anxious. This might include being scared to go to preschool, extra weepy, clingy, or irritable.**

**Bedtime rituals are very important. Stories, books and tuck-ins are crucial.**

**Try to maintain your children's normal routines when possible. If school, daycare or events are cancelled, try to create and stick to other routines when you can.**

**Give them lots of hugs and physical reassurance. Make time to move your bodies, listen to music, read books, and play together.**

**TAKE THE LEAD FROM YOUR PRESCHOOLER. DON'T INSIST ON TALKING ABOUT IT A LOT UNLESS THEY SHOW SIGNS OF DISTRESS OR ASK QUESTIONS.**

# Elementary School

[FROM: HTTPS://SPARKANDSTITCHINSTITUTE.COM/TALKING-TO-CHILDREN-ABOUT-CORONAVIRUS/](https://sparkandstitchinstitute.com/talking-to-children-about-coronavirus/)

**School age children will be more aware of what is going on. They have probably had discussions at school and with friends.**

**Talk to your elementary age children. Explain what happened while reassuring them that you and your child's teachers will do everything to keep them healthy and safe.**

**Children this age are also concerned about their own health, as well as that of family and friends. For example, they may have heard that kids aren't impacted by coronavirus but that older people are, triggering fears about grandparents. They may be worried about money if they know adults are home from work. Try to spend extra time together. This will provide extra reassurance.**

**Ask them if they have any questions. If they do, stick to the facts and tell them what you know without exaggerating or overreacting.**

**Don't be surprised if they are more irritable and touchy. Be extra patient.**

**Limit media coverage and don't assume that they aren't paying attention to background media.**

**Try to continue normal home routines, especially at bedtime. If routines are disrupted due to school or after school activity closures, explain that this is part of the precautions grown-ups are taking to prevent people from getting sick. It doesn't mean that all of their teachers and friends are sick.**

**If fear persists, point out all the things adults are doing to help and to prevent the virus from spreading. Children like to be helpful and feel like they can do something from hand washing to writing letters to nursing homes.**

**MAKE TIME TO MOVE YOUR BODIES, LISTEN TO MUSIC, PLAY GAMES, PLAY WITH A PET, LAUGH, WATCH A MOVIE, OR FIND OTHER WAYS TO DE-STRESS AND CONNECT.**

# Middle School

FROM: [HTTPS://SPARKANDSTITCHINSTITUTE.COM/TALKING-TO-CHILDREN-ABOUT-CORONAVIRUS/](https://sparkandstitchinstitute.com/talking-to-children-about-coronavirus/)

Children this age will be very aware of what is going on. They have probably seen news coverage and discussed the virus at school or with friends.

Talk to your middle school children and answer any questions. This will help you determine how much they know and may help you correct any misinformation they might have.

Acknowledge any feelings of anxiety, worry, or panic. Normalize these feelings without fueling them.

Help guide your child's worry into things they can do – like learning more about how to prevent the spread of the virus including washing hands and getting enough sleep. Use these resources to spark conversations:

Children this age will be more interested in what might happen in the future. Stick to the facts and don't burden them with your own anxiety about uncertain dystopian scenarios.

Some children may act out scary feelings through misbehavior. Others may become more withdrawn. Pay attention to these cues, provide extra reassurance and connection, and invite them to talk to you about their feelings.

Some children may make jokes. Humor can be a way to help them cope but discourage them from using humor as the only way to talk about the virus. Help them identify how humor might scare or overwhelm people around them, especially little kids.

Talk to children about what they see on TV or read online and help them understand which sources are reliable and which aren't when it comes to information about the virus and arm them with tips to spot fake news.

Talk about how events like this can surface harmful stereotypes and discrimination against certain people and populations. In this case, talk about the importance of disrupting anti-Asian sentiment and xenophobia in coverage of and response to the coronavirus.

SEEK OUT POSITIVE MEDIA. WATCH, READ, AND SHARE STORIES ABOUT WAYS PEOPLE ARE RESPONDING TO THE VIRUS IN COLLABORATIVE WAYS TO KEEP COMMUNITIES SAFE.

# High School

[FROM: HTTPS://SPARKANDSTITCHINSTITUTE.COM/TALKING-TO-CHILDREN-ABOUT-CORONAVIRUS/](https://sparkandstitchinstitute.com/talking-to-children-about-coronavirus/)

High school students have probably had conversations with their peers and teachers. They might have fears about what this will mean for their own health, schooling, schedule or safety.

Questions about health, the economy, and public policy are all legitimate issues for this age group. It is important to discuss these topics with them if they are interested.

Acknowledge any worry, anxiety or fear they have and remind them that these feelings are a normal response to uncertainty. Help them identify and practice things that help them handle worry, like exercise, writing, coloring, playing with a pet, or listening to music.

Help guide your teen's worry into things they can do – like learning more about how to prevent the spread of the virus including washing hands, getting lots of sleep, or making concrete plans of what you will do if work or school schedules are disrupted.

Some teens may want to block out the whole thing. It may appear that they do not care. This might be masking real worries. Ask questions and be ready to listen.

Some teens may make jokes. Humor can be a way to help them cope, but discourage them from using humor as the only way to talk about the virus. Help them identify how and when humor might scare or overwhelm others, especially little kids, elders, or people who are immunocompromised.

Stick to the facts in your conversations and talk to teens about what they have seen or read online. Point them towards reliable sources of information like the CDC website and arm them with tips to spot fake news.

Talk through the difference between going online to stay informed versus media over-use that can fuel anxiety. Enforce a tech curfew at night and encourage them to take media breaks.

Some teens may be very interested in discussing the political or economic implications of the pandemic. Engage them in learning and critical thinking about the coronavirus.

Talk about how events like this can surface harmful stereotypes and discrimination against certain people and populations. In this case, talk about the importance of disrupting anti-Asian sentiment and xenophobia in coverage of and response to the coronavirus.

DON'T USE YOUR TEEN TO PROCESS YOUR OWN ANXIETY. REACH OUT TO OTHER ADULTS TO PROCESS YOUR FEARS ABOUT THE VIRUS OR THE ECONOMIC DISRUPTIONS THAT IT IS CAUSING.

# Create a Routine

A ROUTINE HELPS YOUR CHILD UNDERSTAND THE BALANCE BETWEEN ENJOYABLE TASKS SUCH AS PLAY, AND FUNCTIONAL TASKS SUCH AS BRUSHING THEIR TEETH. STRESS REDUCTION. WHEN A CHILD HAS A PREDICTABLE DAILY ROUTINE, IT REMINDS THEM THAT THEY ARE IN A SECURE, LOVING ENVIRONMENT.

## Daily Schedule

Before 9:00 AM	Wake up!	Make your bed, eat breakfast, brush teeth, get dressed
9:00-10:00	Outdoor Time	Family walk or outdoor play
10:00-11:00	Academic Time	No Electronics! Reading, homework, study, puzzles, journal
11:00-12:00	Creative Time	Creative play, drawing, Legos, crafts, music, cooking, baking
12:00-12:30	LUNCH	
12:30-1:00	Home Chores	Clean rooms, put away toys, take out garbage, pet care
1:00-2:30	Quiet Time	Reading, nap, puzzles, yoga
2:30-4:00	Academic Time	Electronics OK! Educational games, online activities, virtual museum tours
4:00-5:00	Outdoor time	Family walk or outdoor play
5:00-6:00	Dinner time	Family dinner, help with clean-up and dishes
6:00-7:00	Bath time	Bath or shower
7:00-8:00	Reading/TV time	Relaxing before bedtime
9:00 PM	Bedtime	Put on PJs, brush teeth, clothes in laundry

# Additional Resources

CLICK ON THE LINK BELOW:

## [Mental Health Resources:](#)

National Suicide Prevention Hotline: 1-800-273-TALK.

For immediate access to routine or crisis services, please call the Georgia Crisis and Access Line (GCAL) at 1-800-715-4225. GCAL is available 24 hours a day, 7 days a week and 365 days a year to help you or someone you care for in a crisis. There is also a myGCAL app available for iPhone and android users.

[www.georgiacollaborative.com](http://www.georgiacollaborative.com)

## [For helpful tips on talking to your children about COVID-19:](#)

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

<https://knpr.org/npr/2020-02/just-kids-comic-exploring-new-coronavirus>

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

## [And important resources for your home from the CDC:](#)

<https://www.cdc.gov/coronavirus/2019-ncov/community/home/index.html>



# PARENT CAREGIVER SUPPORT

1-800-CHILDREN (1-800-244-5373) Helpline to talk to trained professionals to connect them with supportive programs in their area.

National Parent Helpline (1.855.4A.PARENT)

## Other helpful links:

### **Family fun movies:**

<https://collider.com/best-family-kids-movies-on-netflix/#hook>

### **Things to do with kids:**

<https://parade.com/1009774/stephanieosmanski/things-to-do-with-kids-during-coronavirus-quarantine/>

### **Fight against child abuse:**

[https://www.youtube.com/channel/UCdC2\\_Ejij\\_BxbNkHhzatEAw/videos](https://www.youtube.com/channel/UCdC2_Ejij_BxbNkHhzatEAw/videos)

# VIRTUAL SCHOOL ACTIVITIES

[HTTPS://VIRTUALSCHOOLACTIVITIES.COM/](https://virtualschoolactivities.com/)

- Tour the Anne Frank House
- Watch the Atlanta Zoo Panda Cam
- Tour Buckingham Palace
- Go under the Sea with the Atlanta Aquarium
- View the Great Wall of China
- Learn about the Great Pyramids
- Check on the Animals at the Houston Zoo
- Visit the NASA Mission Operations Room
- View the National Gallery of Art
- Take a tour of the National Parks
- Tour the Spy Museum