

## School Counseling – Distance Learning and Other Information

### How to Talk and Listen to Your Children:

- Ask your child to tell you what he or she knows about COVID-19. You can share facts as needed and developmentally appropriate.
- Help children draw pictures or other activities to express themselves.
- Be extra patient and provide comfort if children say they are worried.
- Limit screen time about COVID-19 for both you and your child - children watch or listen to what we watch or listen to.
- Book Resource: Something Bad Happened: A Kids Guide to Coping with Events in the News [https://www.amazon.com/Something-Bad-Happened-Coping-Events/dp/1787750744/ref=sr\\_1\\_1?dchild=1&keywords=something+bad+happened+a+kids+guide+to&qid=1584369753&sr=8-1](https://www.amazon.com/Something-Bad-Happened-Coping-Events/dp/1787750744/ref=sr_1_1?dchild=1&keywords=something+bad+happened+a+kids+guide+to&qid=1584369753&sr=8-1)

### Routine is important:

- Mark off the days on a calendar. Show children that school will start again in three weeks or when the adults know it is safe to return.
- Keep your family's bedtime, meal, and exercise routines consistent.
- Find ways to include movement and physical activity, such as kicking the soccer ball outside in the yard, dance party, video games that get you up and moving, yoga stretches, etc.
- Do things at home that have made you and your family feel better in other stressful situations, including, watching movies, listening to music, playing games, exercising, or practicing religious activities.
- Practice online learning that may be offered by their schools.
- It is normal for students to feel lonely, worried, or bored. A regular routine can help.
- Include children in chores around the house so they can feel a sense of accomplishment.
- Limit screen time whenever possible.

### Take Care of Yourself so You Can Care for Others:

- As a caregiver, take small breaks whenever possible.
- Acknowledge your own feelings. See these suggestions: [Ways to Untwist Your Thinking](#).
- Be sure to connect with friends and family by phone, text, or email to find support.

- You are a role model for your young children, as well as adolescents. How you handle this stressful situation can affect how your children manage their worries.

### **Resources if you or your family need additional support:**

- Scituate Food Pantry: 781-545-5827
- **ASPIRE Health Alliance (formerly South Shore Mental Health): 617-774-6036 or 800-528-4890**
  - Towns Served: **Braintree, Cohasset, Hingham, Hull, Norwell, Scituate**
  - Insurance: MassHealth, Free Care and most major insurance plans
  - Address: 460 Quincy Ave., Quincy
- **National Suicide Prevention Lifeline: 1-800-273-8255 (TALK)**  
The National Suicide prevention Lifeline is a 24 hour, toll-free suicide prevention hotline. You will be routed to the closest possible crisis center in your area. Call for yourself or someone you care about. Your call is free and confidential.
- **Crisis Text Line: Text HOME to 741741** <https://www.crisistextline.org/>  
Crisis Text Line is a free, 24/7, confidential text message service for people in crisis.

### **ONLINE ARTICLES:**

How to Talk to Children about the Coronavirus:

[How to talk to children about the coronavirus - Harvard Health Blog](#)

A short video on understanding pandemics and 5 things you should know in CoVid19 pandemic.

<https://youtu.be/Bq3xJVCJBDI>

Talking to Teen/Tweens about Coronavirus:

[Talking to Teens and Tweens About Coronavirus](#) \*\*Here is a pamphlet from the article: [https://www.hemot.eu/wp-content/uploads/2020/02/Pamphlet\\_HEMOT\\_english.pdf](https://www.hemot.eu/wp-content/uploads/2020/02/Pamphlet_HEMOT_english.pdf)

A Comic created from NPR based on interviews with experts:

[What Kids Want To Know About Coronavirus: An Original Comic : Goats and Soda](#)

The NASP released a resource for parents:

[Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)

NY Times Article

*A Brain Hack to Break the Coronavirus Anxiety Cycle*

How to Prevent Loneliness In a Time of Social Distancing

SAMHSA: Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During An Infectious Disease Outbreak

SAMHSA: Coping With Stress During Infectious Disease Outbreaks

CDC: Mental Health and Coping During COVID-19

Stay healthy and be safe,  
*SPS School Counseling Staff*