



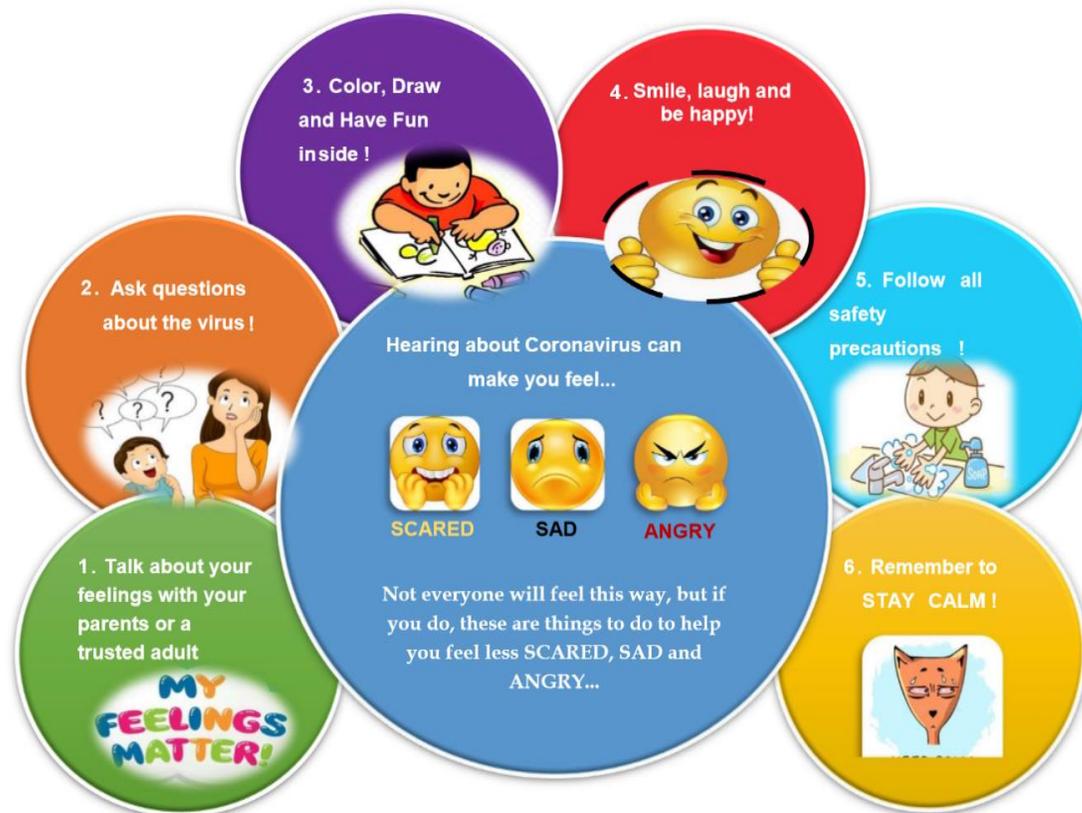
Ministry of Education, Science & Technology

COVID-19 Guide for Children and Families



The outbreak of the Coronavirus disease, COVID-19, has caused much disruption to life in Antigua & Barbuda and the rest of the world. This is a challenging situation for the entire family, and it is common for adults and children to feel stressed and worried. This document outlines some ways in which parents and caregivers can help their children to maintain physical and mental wellbeing.

Things Children Can Do To Maintain Emotional Wellbeing



Be mindful:

- Children follow your reactions. What you do and say can increase or decrease your children's anxiety.
- Children will want to talk about their concerns and fears. It is important that you make time to listen as this can reduce their anxiety; pay special attention to children with pre-existing conditions, asthma and other respiratory illness and diabetes and address their fears and concerns.
- Respond to children with factual, age appropriate information on COVID-19; your discussions with your 6-year-old should be different from the discussion with your 14-year-old child.
- Limit their access to television and social media information and recommend which sites you want them to follow (WHO, PAHO, UNICEF, CDC).
- Remind children that the corona virus has nothing to do with where someone is from or how they look. It is wrong to stigmatize or bully persons because you believe they are in some way associated with the virus.
- Note any change in behavior, appetite or mood, as this may be a sign of distress for children who cannot express themselves verbally.



Daily Schedule for Children

Maintaining a routine in all the disruptions can also help to reduce anxiety. Below are examples of two schedules that can be adopted based on the age of your children.



OLDER CHILDREN SCHEDULE

Before 9 am	Make bed, get dressed BREAKFAST	12:30 pm	Chores Time (Help Sanitize house)
9:00 am	Exercise (dance, morning walk)	1:00 pm	Quiet Time (reading, naps)
10:00 am	Academic Time (No electronics)	2:30 pm	Academic Time (electronics can be included –Educational activities)
11:00 am	Creative Time (craft, music, cooking, puzzles)	4:00 pm	Enjoy the Outdoors (walking, biking, beach if possible) <i>*be sure to maintain social distance</i>
12:00 am	LUNCH	4:30 pm	Clean Up
		5:00 pm	TV Time
		6:00 pm	DINNER
		7:00 pm	TV Time/ Family Fun Games
		8:30 p.m.	Bed-time (according to age)





Younger children Schedule ☺

7:00 am	Wake up and Get Ready	1:00 pm	Nap/Quiet Time
7:45 am	Exercise (e.g. dance, walk)	2:30 pm	Book Time
8:00 am	Breakfast	3:00 pm	Snack Time
8:30 am	Independent Play	3:30 pm	Outdoor Play (e.g. bike riding)
9:00 am	Interest Learning Activity (e.g. count and sort, ABC, shapes, nursery rhymes)	4:00 pm	Independent Play/ Screen Time
10:15 am	Outdoor Activity (e.g. digging, running, jumping)	5:00 pm	TV Time
10:45 am	Snack Time	5:30 pm	Clean Up
11:00 am	Indoor Activity (e.g. Pretend play, drawing/painting)	6:00 pm	Dinner
11:45 am	Tidy and Chores (e.g. Pick up toys, put away clothes)	6:30 pm	Family Time
12:15 pm	LUNCH	7:30 pm	Prep for bed and bedtime
12:30 pm	Clean up		

Precautions against COVID-19

Parents, it is very important that the family adheres to precautions to prevent the spread of COVID-19.

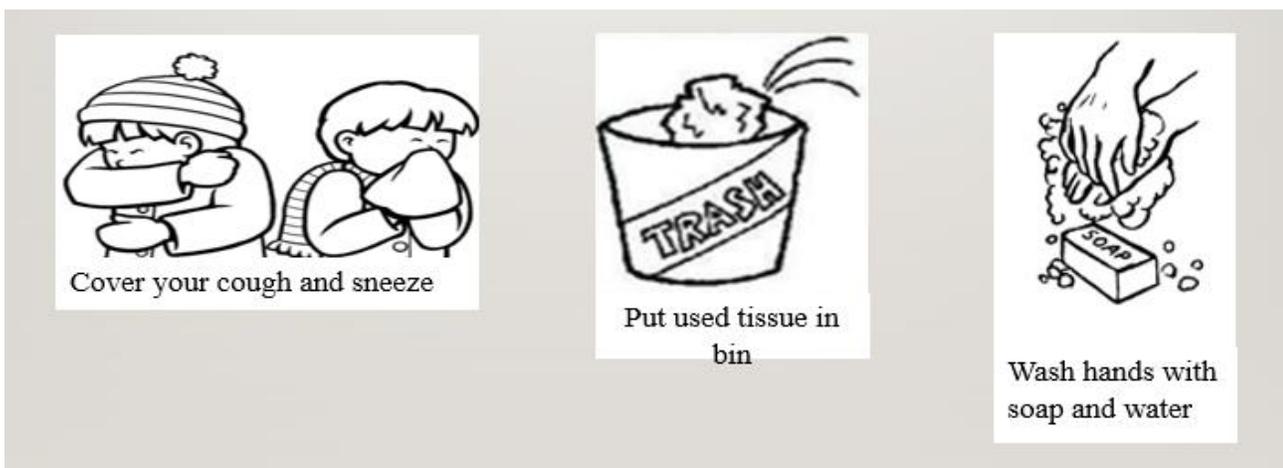
Schools are closed to allow for **social distancing** and you must also maintain this at home. Social distancing is deliberately increasing the physical space between people to avoid spreading illnesses. Staying at least six feet away from other people lessens your chances of spreading the virus or getting COVID-19.



- People who show only mild or no symptoms can pass on the virus to many others before they even realize they are sick. If you ignore the guidance on social distancing, you will essentially put yourself and everyone else at much higher risk.
- Cancel or postpone parties, sporting activities and beach picnics with more than five (5) persons.
- Avoid public transportation whenever possible.
- Avoid sending children to friends' homes and to grandparents and older relatives who are at higher risk for contracting COVID-19.

Practice Good Hygiene

- Encouraging children to practice the hygiene protocols is essential.



One of the best ways to keep children safe from COVID-19 and other diseases is to simply encourage regular hand washing, for at least 20 seconds. It does not need to be a scary conversation. Sing along The ABC's or do a dance to make learning fun.



Develop a way to track how children are washing their hands and find ways to reward them for frequent/timely hand washing.

Wash Your Hands After...

1



Playing with pets

2



Using the bathroom

3



Sneezing, blowing your nose & coughing

4

AND Before...



Touching a cut or open sore

5



Playing outside

6

AND Before...



Eating

Precautions for Parents/Caregivers

Parents in order for you to be in a position to care for your family, you must first ensure that you are practicing self-care that includes, eating healthy, drinking water to keep hydrated and adequate sleep and rest. Additionally, if you are feeling anxious or upset, take time for yourself and reach out to other family, friends and trusted people in your community.

Parents, you have the responsibility to protect your children from COVID-19.

- Avoid bringing the virus home by following all the above protocols you expect your children to follow.
- Wash your hands as soon as you return home and encourage children to do the same.
- Change your clothes as soon as you arrive home.
- Monitor your children's health for any symptoms of COVID-19. If you suspect your child may have contracted the virus call the **COVID-19 Hotline: 462-6843**. Email: covid@msjmc.org.

What to do if someone at Home has COVID-19?

A medical doctor will determine if you or someone in your family has COVID-19. If COVID-19 is confirmed:

- Stay at home, except to get medical care. People who are mildly ill with COVID-19 can recover at home.
- Call ahead before visiting your doctor or emergency room for directions if you suspect you have COVID-19.
- Separate yourself from other people in your home, this is known as *home isolation*. As much as possible, you should stay in a specific “sick room” and away from other people in your home.
- Wear protective equipment (PE) (e.g. face mask, gloves) if you are sick and when you are around other people. Caregivers should wear PE when caring for a sick person.
- Avoid sharing personal household items. Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- Clean all “high-touch” surfaces throughout your home and your isolation area (“sick room” and bathroom) every day.
- Monitor your symptoms. Seek medical care right away if your illness is worsening (for example, if you have difficulty breathing).



Families, our best defense is to follow these guidelines to protect ourselves and others from getting COVID-19.

Additional Resources

https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_8

How to talk to your child about coronavirus disease 2019 (COVID-19), UNICEF, 11 March 2020

<https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

Fact or fiction: How much do you know about the coronavirus disease (COVID-19)? UNICEF, 18 March 2020

<https://www.unicef.org/coronavirus/fact-or-fiction-how-much-do-you-actually-know-about-coronavirus-covid-19>

This Pediatrician Recommends No Coronavirus Break Playdates

<https://www.drstevesilvestro.com/no-coronavirus-breakplaydates-heres-why>

<https://www.paho.org/en/topics/coronavirus-infections/coronavirus-disease-covid-19>

References

Bender, L. (2020). Key messages and actions for COVID-19: Prevention and control in school. New York: UNICEF Education in emergency.

CBC News. (2020, March 15). How to Support Children's Mental Health during the Coronavirus Pandemic.

Centers for Disease Control and Prevention. (2020, March 14). Manage Anxiety and Stress. CDC 24/7: Saving Lives, Protecting People. What To Do If You Are Sick, Center for Disease Control and Prevention, March 16, 2020 <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

How teachers can talk to children about coronavirus disease (COVID-19). (2020, March 13). Retrieved March 16, 2020, from <https://www.unicef.org/coronavirus/how-teachers-can-talk-children-about-coronavirus-disease-covid-19>

Katie. (2020, February 25). The Perfect Daily and Weekly 2-4 Year Old Schedule. Retrieved from <https://ourdailymess.com/2018/10/03/the-perfect-daily-and-weekly-2-4-year-old-schedule>

Livingston, I. (2020, March 18). Stay At Home Daily Toddler Schedule 12-18m Wintertime. Retrieved from <https://toddlerinaction.com/stay-at-home-daily-toddler-schedule-wintertime//>

LaSuer, L. (2019, July 24). Toddler Schedule - That Make Your Day Go Smoothly. Retrieved from <https://everydayabovedirt.com/toddler-schedule/>

Maragakis, L. (2020). Coronavirus, Social Distancing and Self Quarantine. Retrieved from <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-social-distancing-and-self-quarantine>

McHale, J. (2020, March 13). Jessica McHale Photography. Retrieved from

<https://www.facebook.com/jessicamchalephotography/photos/a.10150670586898233/10157197466568233/?type=3&theater>

Raccanello, D., Vicentini, G., Burro, R., Barnaba, V., Rocca, E., & Dal Corso, E. (2020). Helmet for Emotions. Retrieved from HEMOT.eu:https://www.hemot.eu/wp-content/uploads/2020/20/Pamphlet_HEMOT_english.pdf

