

**THE HAGEDORN LITTLE VILLAGE SCHOOL**  
*Jack Joel Center for Special Children*

**Effective Date: September 2020**

**COVID-19 Support Resources for Students**

**Helping Kids Cope While Sheltering in Place and Talking About the Coronavirus  
by David Fassler, M.D. (American Academy of Child and Adolescent Psychiatry)**

Parents are faced with the challenges of discussing the evolving coronavirus outbreak with young children. Although these may be difficult conversations, they are also important. There are no “right” or “wrong” ways to talk with children about such public health emergencies. Public health emergencies are not easy for anyone to comprehend or accept. Fortunately, most children, even those exposed to loss or illness, are quite resilient. Here are some suggestions, however, you may find helpful:

- 1) Try and establish a regular routine and schedule at home. Kids are reassured by structure and predictability.
- 2) Give kids choices, where there are choices. You may not be able to visit friends or go to the movies, but you can pick which game to play or program to watch.
- 3) Help kids keep in touch with friends and family members by phone, e-mail, FaceTime, Zoom, Skype, etc.
- 4) If kids have questions about COVID-19 or about why you’re sheltering in place, answer them honestly, using words and concepts they can understand.
- 5) Help children find accurate and up to date information. Print out Fact Sheets from the CDC, WHO or your local health authority.
- 6) Don’t let children watch too much television with frightening images. The repetition of such scenes can be disturbing and confusing.
- 7) Encourage kids to choose something new to learn about. It could be a game, a craft or a challenging book
- 8) Make sure kids stay physically active. If you’re in a rural area, take a walk outside (observing social distancing guidelines). If you’re in a more urban setting, help your child develop and maintain a regular in-home exercise routine.
- 9) Let kids participate in menu planning and meal preparation. Try and cook or bake something new.
- 10) Be flexible...and patient. Sheltering in place may seem fun for the first few days, but the novelty quickly wears off. Your kids may not always feel like talking or doing what you’re doing.
- 11) Be honest. Acknowledge that this is a difficult time for everyone. It's normal to feel tense and anxious under such trying and unusual circumstances.

- 12) Give kids space. Everyone needs some private “down time”.
- 13) Let little things go. Try not to overreact when things break, take too long or don't go quite as expected.
- 14) Make future plans. Talk about and research things to do and places to go after the pandemic ends.

### ***Some HLVS Recommendations***

#### **Books & Social Stories**

- 1) What is the Coronavirus? Social Story [https://smhttp-ssl-87586.nexcesscdn.net/media/wysiwyg/mailling2020/Social\\_Story\\_Coronavirus\\_4-2-20\\_pdf.pdf](https://smhttp-ssl-87586.nexcesscdn.net/media/wysiwyg/mailling2020/Social_Story_Coronavirus_4-2-20_pdf.pdf)
- 2) Coronavirus Social Story with PECS [https://www.teacherspayteachers.com/Product/FREE-Coronavirus-COVID-19-Social-Stories-5319239?fbclid=IwAR2s-blM4XxBpqGnWMzZokIT8Ifk5rG8JZPfcY7K76kWd\\_j8YfrhndsTrtg](https://www.teacherspayteachers.com/Product/FREE-Coronavirus-COVID-19-Social-Stories-5319239?fbclid=IwAR2s-blM4XxBpqGnWMzZokIT8Ifk5rG8JZPfcY7K76kWd_j8YfrhndsTrtg)
- 3) Wearing a mask social story <https://www.teacherspayteachers.com/Product/Wearing-A-Mask-Story-for-Children-5463572>
- 4) A free information book explaining the coronavirus to children. This book answers key questions in simple language appropriate for ages 5+ <https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/>
- 5) A storybook of the Corona Virus. Copyright @Ana M. Gomez 2020 <https://www.anagomez.org/wp-content/uploads/2020/04/OysterandButterfly-English.pdf>
- 6) Just for Kids: A Comic Exploring the New Coronavirus <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>
- 7) Coronavirus: Clear answers for all kids. Arlen Grad Gaines and Meredith Englander Polsky [https://28638781-c0c7-460f-81ae-fa6eba3486b9.filesusr.com/ugd/517d15\\_915f31f39df449a2837c11862a7ab39c.pdf](https://28638781-c0c7-460f-81ae-fa6eba3486b9.filesusr.com/ugd/517d15_915f31f39df449a2837c11862a7ab39c.pdf)
- 8) Amanda McGuinness: Little Puddins Coronavirus Social Story: The Autism Educator <https://littlepuddins.ie/about-me-2/about-little-puddins/>

- 9) Aided language display for augmentative and alternative communication AAC to talk about Coronavirus or COVID-19

[https://janellesampson.wordpress.com/2020/03/12/talking-to-kids-about-coronavirus/?fbclid=IwAR3eDjHfUfNOVg7XPNHxFTqp-axoJa1L2h\\_HjDquM4iK9nnBC3MBiqASKWU](https://janellesampson.wordpress.com/2020/03/12/talking-to-kids-about-coronavirus/?fbclid=IwAR3eDjHfUfNOVg7XPNHxFTqp-axoJa1L2h_HjDquM4iK9nnBC3MBiqASKWU)

### Videos for Children

- 1) Sesame Street – Elmo’s Playdate Special  
<https://www.youtube.com/watch?v=OEBjwWRfBSs>
- 2) Wash your hands Sesame Street song  
<https://www.youtube.com/watch?v=dbdVRR0q3fs>
- 3) Germs Germs Go Away Daniel Tiger  
<https://www.youtube.com/watch?v=R1VU8E5WHnw>
- 4) Daniel Tiger hand washing video:  
<https://pbskids.org/video/daniel-tigers-neighborhood/2365375359>
- 5) Catching their cough/sneeze in their elbow -Sesame Street video:  
<https://www.youtube.com/watch?v=QW1yodZlpG8>
- 6) Resting when they don’t feel well -Daniel Tiger song: <https://pbskids.org/video/daniel-tigers-neighborhood/2365375388>
- 7) Meet the Helpers: How to talk to your kids about the Coronavirus:  
[https://www.vermontpbs.org/kids/?gclid=EA1aIQobChMIs8Gt0siV6QIVxsDlCh0\\_KQb1EAYASAAEgLGGr\\_D\\_BwE](https://www.vermontpbs.org/kids/?gclid=EA1aIQobChMIs8Gt0siV6QIVxsDlCh0_KQb1EAYASAAEgLGGr_D_BwE)

### Additional Links

- 1) **Video on Supporting Young Children by Helping Them Feel Safe and Process Feelings** by Barbara Straud, Ph.D.: <https://www.youtube.com/watch?v=MdKeau2huT4&t=2s>
- 2) **Here are some age-appropriate responses to the common questions a toddler might have about coronavirus.** <https://www.zerotothree.org/resources/3265-answering-your-young-child-s-questions-about-coronavirus>

**3) Tool for Maintaining Skills & Behavior**

<https://files.constantcontact.com/5d7a9d48301/46c79e1d-2eab-4612-91a3-8c2ee76603ec.pdf>

**4) The Ultimate Change in Routine: Supporting Your Child with Autism Through COVID-19**

<https://nyulangone.org/news/ultimate-change-routine-supporting-your-child-autism-through-covid-195>

**5) In Challenging situations: Helping children calm down and solve problems.**

<https://sesamestreetincommunities.org/activities/breathe-think-do/>

**6) Coping with COVID-19: A “for now” Normal.** <https://autism.sesamestreet.org/coping-with-covid/>

**7) My COVID-19 2020 Time Capsule.** <https://www.kiddycharts.com/assets/2020/04/Covid-19time-capsule.pdf>

**8) COVID-19 Resources for Parents of Children with Intellectual or Other Developmental Disabilities**  
The STRYDD Center - Supporting Trauma Recovery for Youth with Developmental Disabilities  
Long Island Jewish Medical Center, Northwell Health:  
Activities for Learning and Fun Websites: Bookshare; Kahn Academy, Scholastic, SwitchZoo Animal Games, National Geographic, Seussville, PBS

**The HLVS Psychology Department is available to assist parents and students with any difficulties that may arise. If you would like to speak with one of our Psychologists, please send an email to one of the following:**

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