



CONNECTIONS

Children

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LEARNING RESOURCE

How to Talk to Your Child about COVID-19

BY TRACY HART, LCMHC, KIDS PATH CHILDREN'S COUNSELOR

The spread of coronavirus (also called COVID-19) has caused disruptions in the daily routine of many families, including the closure of schools and workplaces. You may be wondering how to talk with your children about this situation and support them in coping with the changes.

This article contains suggestions based on advice from counselors, as well as the Centers for Disease Control and Prevention (CDC) and the National Association of School Psychologists (NASP). A list of coronavirus resources is included.

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MEDIA SPOTLIGHT

Breathe, Think, Do with Sesame

TARGET AGE: 3-6

AVAILABLE FOR: APPLE, ANDROID

COST: FREE

When using the Breathe, Think, Do with Sesame app, young children help their monster friend cope with difficult situations and feelings. Children help the monster take deep breaths, think through different solutions, and implement a coping strategy. [This article](#) offers caregivers useful tips on how to help their children implement this same approach at home.




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FAMILY ACTIVITY

Gratitude Jar

TARGET AGE: 5-10

Practicing gratitude can be a helpful way of finding joy and connection during uncertain times. To complete this project, select a container that your family can use as a gratitude jar. This can be an empty glass jar, a large yogurt container, a shoe box, or any item that you already have at home. Using whatever art supplies that you have on hand, work together to decorate your container. Cut slips of paper and invite family members to write or draw things that they're thankful for on the slips.

You can determine how you would like to use this jar. Your family may decide to write one slip each night or leave the gratitude jar in a place where people can use it as they desire. As a family, decide on a regular time when you would like to review the slips, and give everyone the choice to keep their slips private. This is a good opportunity to model gratitude, and you might include references to your favorite coping strategies, helpful supports, or memories of your loved one. For example, you might write things like, "I'm grateful that I was able to take a walk when I felt frustrated earlier today," or, "I'm grateful for the way daddy played board games with our family."



Getting Social

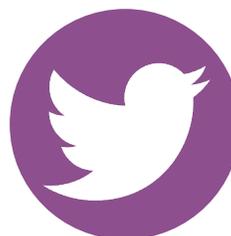
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