

# COVID-19: KEEPING KIDS BUSY AT HOME

**SOCIAL DISTANCING** measures like school closures affect families and children. Parents can help kids cope with what is happening around them.

## COMMUNICATION IS KEY

- Ask questions – engage kids in conversation
- Listen to them – give them space to talk
- Acknowledge their feelings
- Sit with them - if they don't want to talk, that is okay



## GIVE THEM SOME POWER

- Allow their input in scheduling
- Let them help with cooking and food choices
- Have some leniency with phone time so they can connect with friends
- Keep some flexibility in their schedule



## TEACH THEM

- Proper handwashing
- Cover coughs and sneezes
- Talk about what they hear and how they feel
- Avoid touching their face



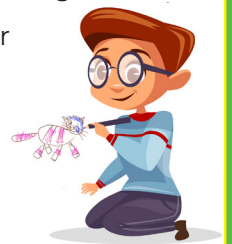
## BE CONSISTENT

- Routine meal times
- Routine bed times
- Schedule consistent play time
- Allow sensible screen time
- Plan plenty of activity time



## STAY BUSY

- Play outside
- Free play
- Ride bikes
- Art and crafts
- Educational websites
- Nature walks
- Cooking
- Games
- Reading
- Music/Dancing
- Scavenger hunts



  
**Shodair**  
CHILDREN'S HOSPITAL  
[shodair.org](http://shodair.org)

  
**Kalispell Regional  
Behavioral Health**  
KALISPELL REGIONAL HEALTHCARE  
[krh.org](http://krh.org)