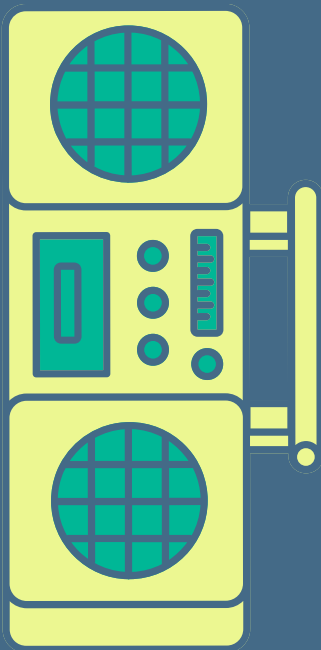


HOW TO
TALK
OPENLY
&
HONESTLY

KIDS AND CORONA VIRUS: A SURVIVAL GUIDE



WASH
HANDS
BEFORE
AND AFTER
EACH
ACTIVITY

TIPS,
ACTIVITY IDEAS
&
RESOURCES

BROUGHT TO
YOU BY



**THE BEST WAY TO PREVENT
ILLNESS IS TO AVOID BEING
EXPOSED**

**Clean your
hands often &
avoid touching
your face with
unwashed
hands**

**KEEP
UPDATED ON
LOCAL INFO**

**PUBLICHEALTHSBC.ORG
(SB)**

**READY.SLO.ORG
(SLO)**

**Avoid
nonessential
trips to the
emergency room,
urgent care,
or
medical
offices**

**Clean and
disinfect
touched
surfaces
DAILY**

TIPS FOR STAYING SAFE

**MONITOR
FOR
SYMPTOMS**

**See CDC.gov for the
most up-to-date
information about
COVID-19
symptoms**

**Cover coughs
and sneezes with a tissue
that is immediately thrown
away or sneeze into your
upper arm / elbow.
Immediately wash your
hands after.**

**REFILL
ESSENTIAL
GOODS**

**REFILL
MEDS
FOR
60-90
DAYS**

**SOCIAL DISTANCING! THIS MEANS AVOID
CLOSE CONTACT- NO HUGS, HIGH FIVES, OR
HANDSHAKES AND STAY AT LEAST 6 FEET
APART FROM OTHERS**

TALKING TO YOUR CHILD ABOUT CORONA VIRUS & SOCIAL DISTANCING

DON'T BE AFRAID

Not talking about it can make kids worry *more*.

Talk openly about the facts and have a conversation without the emotion or exaggeration added by the news.

INVITE YOUR CHILDREN TO ASK YOU QUESTIONS & TO TELL YOU WHAT THEY'VE HEARD

DEAL WITH YOUR OWN ANXIETY BEFORE TALKING WITH YOUR CHILD

BE DEVELOPMENTALLY APPROPRIATE

Avoid sharing too much information at once - this can be overwhelming for kids

Answer them honestly and clearly

It's ok to not have answers to all of their questions, just answer to the best of your ability!

BE REASSURING

Let them know this a rare virus that shows milder symptoms in kids

FOCUS ON WHAT YOU'RE DOING TO STAY SAFE

FOR MORE PARENT RESOURCES VISIT THESE WEBSITES
www.childmind.org/coping-during-covid-19-resources-for-parents/
A BOOKLET FOR AGES 7 & UNDER (AVAILABLE IN MANY LANGUAGES)
www.mindheart.co/descargables

PRACTICE
DRAWING USING
ART HUB FOR
KIDS

www.artforkidshub.com/

LEARN
TO BAKE

LEARN
TO DANCE
ON YOUTUBE

BUILD
A
FORT

GO FOR
A
WALK

DO A
SCAVENGER
HUNT

READ
FOR
20
minutes

ACTIVITY IDEAS

Interview
each other

WRITE A
LETTER

LEARN
A NEW
CRAFT/HOBBY

*SEWING *FINGER KNITTING

*SCIENCE EXPERIMENTS

*SCRAPBOOKING *PAINT ROCKS

*FRIENDSHIP BRACELETS

*CROCHET

*MAKE A STORYBOOK

*NATURE JOURNALING

COOK
TOGETHER

DO
A
PUZZLE

MAKE
MOVIES

PLAY
A
GAME

FOR MORE ACTIVITY IDEAS &
RESOURCES FOR KIDS
CHECK OUT
WWW.ARTBARBLOG.COM/BLOG/

**CLICK THE
LINKS FOR
MORE
ACTIVITIES**

**A Ready Wrigley Activity Book
for Children
Age 3-10**

www.cdc.gov/cpr/readywrigley/documents/RW_Coping_After_a_Disaster_508.pdf

Steve Hartman's Kindness 101

30 Minute Videos for Kids

www.facebook.com/CBSEveningNews

Hip Hop Dance Lessons

spotlightdc.com/virtualdanceclasses

EZ DANCE FOR YOUNG KIDS

youtu.be/dtslYJLLYs0

**LEARN
TO
DANCE!**

**SCIENCE FOR
KIDS**

www.sciencekids.co.nz/experiments.html

KID FRIENDLY WEBSITES

www.highlightskids.com/

www.funbrain.com/

www.pbskids.org/

**VIRTUAL
FIELD
TRIPS**

adventure.howstuffworks.com/destinations/landmarks/place-s-of-interest/virtual-cultural-activities.htm

www.socialdistancingfestival.com/

www.bemidjipioneer.com/news/5019378-Virtual-field-trips-Free-educational-resources-to-combat-boredom-during-COVID-19#.Xn5d3cJLwls.link

HELPING KIDS WITH TRANSITIONS & AVOIDING ARGUMENTS

CREATE A DAILY ROUTINE

Children need consistency and routine structure, just as they would have at school.

Go over the day's routine together over breakfast in the morning.

Ensure you have their attention via eye contact or having them repeat what you've said. Have a visual schedule available as well.

WHEN TRANSITIONING IS NOT GOING WELL...

Don't escalate the situation. Ignore it as long as they are making the effort, praise them for any engagement in transitioning and use appropriate consequences when necessary.

SET A TIMER!

Before transitioning to a new activity, provide an explanation and time warning. For example; "After we finish _____, we will move onto _____.

We have ___ minutes before the next activity. I am setting a timer now."

You can have the child set the timer or you can ask them to repeat the time until the next activity.

Avoid panic by providing intermediate warnings, i.e. 10 minutes, 5 minutes, 1 minute..."

HAVE REGULARLY SCHEDULED BREAKS

CONTACT THE NATIONAL DOMESTIC
VIOLENCE HOTLINE
CALL 1-800-799-7233 &
TTY 1-800-787-3224

VIRTUALLY COMMUNICATE WITH LOVED ONES

- *GOOGLE HANGOUTS
- *HOUSEPARTY
- *FACETIME
- *SKYPE *ZOOM
- *DUO

GET
OUTSIDE IN
NATURE-
EVEN IF YOU
ARE
AVOIDING
CROWDS.

SEPARATE
WHAT IS IN
YOUR CONTROL
FROM WHAT IS
NOT.

Take breaks
from
watching,
reading, or
listening
to
news stories

SELF CARE & COPING STRATEGIES

MAKE TIME
FOR
YOURSELF
TO UNWIND

During this time of uncertainty, it is quite common to experience fear, anxiety, depression, and many other distressing feelings. It is especially vital that we take care of our mental health by practicing self-care tools and reaching out to community and national resources for support.

EXERCISE

Avoid burnout by setting realistic expectations and giving yourself grace if you can't meet them. Practice forgiveness and self-compassion.

EAT
HEALTHY,
WELL-
BALANCED
MEALS

JOURNAL
ABOUT
YOUR
DAILY
THOUGHTS

IF YOU'RE FEELING ALONE AND STRUGGLING, YOU
CAN ALSO REACH OUT TO THE CRISIS TEXT LINE
BY TEXTING TALK TO 741741 OR
NATIONAL SUICIDE PREVENTION LIFELINE AT
1-800-273-TALK.

Free Public Transit

slotransit.org

(805) 541-2877

Free Internet for Families

Charter-Spectrum is offering free access to broadband and WiFi services to households with students who do not already have the services.

To enroll call

1-844-488-8395

Installation fees will be waived for new student households.

**SLO COUNTY
CURRENT
EMERGENCY
INFO**

**READY SLO
.ORG**

**STAY
INFORMED
&
CONNECTED**

IN CRISIS?

SLO   
HOTLINE

(800) 783-0607

== MAKE THE CALL. ANY TIME. ==

**SANTA BARBARA
CURRENT EMERGENCY
INFO**

**PUBLICHEALTHSBC
.ORG**

**COVID-19
INFO
VISIT**

cdc.gov

Cellphone companies will help you out if you are struggling to pay your bills during this time!
Click the links below for more info

Verizon

www.verizonwireless.com/support/covid-19-faqs/

AT&T

www.att.com/help/covid-19/

SPRINT

business.sprint.com/covid-19/

There are a number of resources available to seniors, people with disabilities and people with pre-existing health problems available during the #COVID19 outbreak in #ad35!

Please take a look through the list ([click the link below](#)) to find food pick-up locations, food delivery services and resource centers.

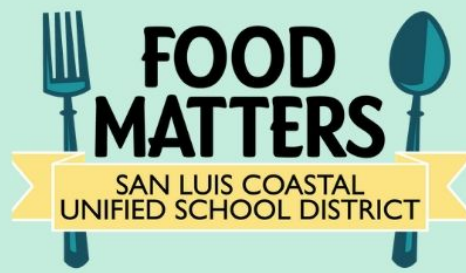
www.facebook.com/AsmCunningham/posts/1342121129509117

FILING FOR UNEMPLOYMENT OR DISABILITY

edd.ca.gov/about_edd/coronavirus-2019.htm

EMERGENCY CHILDCARE FOR ESSENTIAL WORKERS

www.emergencyslo.org/en/emergency-childcare.aspx



REVISED MEAL SERVICE PLAN

FOR THE SAFETY OF OUR STAFF AND TO BEST SERVE OUR COMMUNITY, WE WILL MOVE TO ONCE PER WEEK PRE-ORDER MEAL PICK UP ON WEDNESDAYS AT FIVE SITES FOR SLCUSD STUDENTS ONLY.

PLACE ONLINE ORDERS HERE:

click
the
link!

slcusdfood.org/online-ordering/#/catering/1532619635664/step1

click
the
link!

Weekly Meal Pick Up on WEDNESDAYS ONLY, starting 3/25.
ORDER MUST BE PLACED BY 12pm TUESDAY.

Must be an SLCUSD Student, use name and ID number to register.
PRE-ORDER ONLY, no walk-ups.

Pick Up Locations:

Laguna Middle School
Los Osos Middle School
Pacheco Elementary School
Sinsheimer Elementary School
Del Mar Elementary School

Weekly meals include 5 days worth of breakfast and lunch staple foods per student. Staple items will be based on what is available.

QUESTIONS? CALL OUR MEAL HELP LINE AT 805-549-1270

FREE MEALS FOR KIDS!

Lompoc Unified School District will be providing breakfast and lunch to children 18 & under at no cost during the COVID-19 School Closure.

Students may visit any of the listed sites to receive a meal.
No student ID is needed.

SCHOOL SITES

Breakfast 7:30 am-8:30 am

Lunch 11:00 am-1:00 pm

Buena Vista	Los Berros
Clarence Ruth	Hapgood
Crestview	La Canada
Fillmore	La Honda
Miguelito	Lompoc High School
	Lompoc Valley Middle School

MOBILE SITES

Breakfast 7:30 am-8:30 am

Lunch 11:00 am-1:00 pm

Look for the big yellow bus!

El Camino on J Street
Lompoc Library on D Street
The Corner of G Street and North Avenue
Maple High School

Our LUSD Child Nutrition Professionals are dedicated to keeping our students and community safe. All personnel are trained in safe food handling and sanitation procedures.

SMBSD schools are closed until further notice. Free meals are available for any child 18 years old or younger, accompanied by an adult, at any school in SMBSD (except Bonita School) to pick up Mon - Fri between the hours of 11 a.m. and 1 p.m.

Bonita School students can go to any other school near them to get their meals.

Las escuelas de SMBSD están cerradas hasta nuevo aviso. Hay comidas gratuitas que puede recoger cualquier niño de 18 años o menor, acompañado por un adulto, en cualquier escuela de SMBSD, de lunes a viernes entre las 11am-1pm (con excepción de la Escuela Bonita).

Los estudiantes de la Escuela Bonita pueden ir a la escuela más cercana a ellos para recoger sus comidas.

TO FIND A FOOD DISTRIBUTION SITE NEAR YOU VISIT THE FOOD BANK FOOD LOCATOR

SAN LUIS OBISPO COUNTY

WWW.SLOFOODBANK.ORG/FOOD-LOCATOR/

SANTA BARBARA COUNTY

WWW.FOODBANKSBC.ORG/GET-HELP/

**INFO & RESOURCES FOR IMMIGRANT
COMMUNITIES**

www.crlaf.org/coronavirus

Transitions Mental Health Association's Family Services Program wants to let everyone know that our Family Support Specialists are available by phone to any families.

We recognize that home life issues may very well increase with families being isolated, in home together.

Family Support Specialists are available and willing to be of one-on-one phone support and aide in connection to resources in any way we can.

Family Support Specialists, as always, will continue with parenting interventions with the main goals of increasing the knowledge, skills & confidence of parents and reducing the prevalence of mental health, emotional & behavioral problems in the home.

Family Services Staff are available to talk to and educate families that may be confused or worried about the COVID-19, how best to protect themselves and their loved ones in the most calm and centered way.

Our staff are very willing to work with families, looking at creative solutions in getting the family needs met and connecting them to needed resources to sustain their household.

Family Services Staff are on hand to talk to families, giving them tools on working through emotional needs and avoiding outbursts and behavioral issues at home.

Our staff are accessible by phone to explore educational and social needs with the families while being sheltered in place as well as online games, projects or entertainment.

Please feel like you can share our staff contact freely for phone one-on-one support, education and resource connection. All services are available in both English and Spanish*

Family Support Specialists, Adult Services – San Luis Obispo County

*Fernando Vasquez: 805-540-6574

Vivian Soul: 805-540-6572

Family Support Specialists, Youth Services – San Luis Obispo County

*Melanie Davenport, SLO & North Coast:
805-503-0009

*Jorge Huerta, Northern SLO County: 805-458-2596

*Mayra Valencia, Southern SLO County:
805-458-6388

Family Support Specialists, Youth and Adult Services – Northern Santa Barbara County

*Maria Perez: 805-441-3325

*Zandra Alfaro-Olea: 805-458-5487

Family Services
Program Manager

Shawn Ison
805-540-6571

Please let us know if we can be of any other assistance, We are very willing to brainstorm any ideas with you that might help better serve our community during this very heightened time of need.