



## **A Message about Coronavirus from the Fountain Hills Coalition**

During this time of uncertainty and anxiety about what comes next in this Coronavirus Pandemic, the Fountain Hills Coalition would like to offer our support to families. The National Association of School Psychologists shared the following tips.

### **Talking with Your Children**

You know your children best. Let their questions be your guide as to how much information to provide. However, don't avoid giving them the information that health experts identify as critical to ensuring your children's health. Be patient; children and youth do not always talk about their concerns readily. Watch for clues that they may want to talk, such as hovering around while you do the dishes or yard work. It is very typical for younger children to ask a few questions, return to playing, then come back to ask more questions.

When sharing information, it is important to make sure to provide facts without promoting a high level of stress, remind children that adults are working to address this concern, and give children actions they can take to protect themselves.

### **Keep Explanations Age Appropriate**

Early elementary school children need brief, simple information that should balance Coronavirus facts with appropriate reassurances that their schools and homes are safe and that adults are there to help keep them healthy and to take care of them if they do get sick. Give simple examples of the steps people take every day to stop germs and stay healthy, such as washing hands. Use language such as "adults are working hard to keep you safe."

Upper elementary and early middle school children will be more vocal in asking questions about whether they truly are safe and what will happen if Coronavirus comes to their school or community. They may need assistance separating reality from rumor and fantasy. Discuss efforts of school and community leaders to prevent germs from spreading.

Upper middle school and high school students are able to discuss the issue in a more in-depth (adult-like) fashion and can be referred directly to appropriate sources of Coronavirus facts. Provide honest, accurate, and factual information about the current status of Coronavirus. Having such knowledge can help them feel a sense of control.

Also emphasize that not everyone will get the Coronavirus. School and health officials are being especially careful to make sure as few people as possible get sick.

### **Be Vigilant**

While children are out of school, please be mindful that boredom and stress are two factors that play a part in youth experimentation of vaping, drug use or underage drinking. It's important to keep a routine with your children, know where they are, what they are doing. If your tweens and teens are home alone be sure to schedule check in calls or texts.

Early Action Drug Test Kits are available at the Fire Station #1 on Palisades Boulevard and the Maricopa County Sheriff's Office located in the Fountain Hills Town Hall.

There are parent talk kits available on underage drinking, vaping and marijuana prevention. Click [here](#).

Routine is so important for our children's health and well being. Here is one example of creating routine for your children and family:

Before 9am	Wake Up	Eat breakfast, make your bed, get dressed
9:00-10:00	Morning Walk	Family walk the dog, yoga if it's raining
10:00-11:00	Academic Time	NO ELECTRONICS flash cards, study guide, Journal
11:00-12:00	Creative Time	Legos, drawing, crafting, play music, cook or bake, etc
12pm	Lunch	
12:30	Chore Time	A- wipe down kitchen tables and chairs B- wipe all door handles, light switches
1:00-2:30	Quiet Time	Reading, puzzles, nap
2:30-4:00	Academic Time	ELECTRONICS OK Ipad games, educational show
4:00-5:00	Afternoon Fresh Air	Bikes, walk the dog, play outside
5:00-8:00	Dinner/ Free TV time	
8pm	Bedtime	

Be safe and healthy! If you would like to reach out to us, please e-mail us at [info@fhcoalition.org](mailto:info@fhcoalition.org)