



Setting up for Success at Home: Using Ci3T Structures to Facilitate Positive, Productive, Continuous Learning Opportunities during the COVID-19 Crisis

A Closer Look: Plan for Safety First: Set Routines

The COVID-19 pandemic has resulted in increased feelings of anxiety and stress for many people. One way to help manage these feelings is by taking action to care for yourself, your families, and friends. This begins with taking care of basic safety and health first, then developing and practicing new procedures, such as handwashing, until they become established routines. Below we have compiled some resources for you to consider as you prepare your family, manage stress, and talk with your children about COVID-19.

Keeping informed about COVID-19

- Keep informed to protect yourself and your family
- Rely on scientifically-based resources for information
- Minimize your children's time listening to or watching COVID-19 related news

[Checklist: Getting Your House Ready](#) Centers for Disease Control and Prevention (CDC) provides a checklist for individuals and families in creating a plan for the home.

[Environmental Cleaning and Disinfection Recommendations](#) The CDC offers tips and guidelines for cleaning surfaces in the home.

[Facts about Transmission from the Centers for Disease Control and Prevention, Coronavirus Disease 2019 \(COVID-19\)](#) The CDC provides facts about the transmission and ways to prevent the spread of COVID-19.

Managing stress and worry

- Take time to take care of yourself to be able to take care of your children
- Talk with your children about how they are feeling
- Have a regular schedule and routine to help children maintain healthy habits

[CASEL COVID-19 Resources](#) CASEL provides numerous links to guidance for parents to talk with children, plan activities, and cope with stress.

[Disaster Distress Helpline](#) Substance Abuse and Mental Health Services Administration (SAMHSA) provides this resource to a support line for people who are experiencing distress.

[Tips for Coping with Stress During Infectious Disease Outbreaks](#) SAMHSA offers resources on how to manage stress and anxiety during this time.

[Stress and Coping](#) CDC presents guidelines for managing anxiety and stress, with home planning and activities.



Talk to your children about COVID-19

- Use age appropriate resources to talk about COVID-19 with your children
- For younger children, limit discussions to answering their questions, as providing more information than they are asking for may increase their stress, concerns, or fears
- Model, practice, and provide feedback to your child on their handwashing and other home cleaning procedures

[CASEL COVID-19 Resources](#) Collaborative for Academic, Social, and Emotional Learning (CASEL) provides guidance for talking with your children and managing stress.

[ChildMind: Talking to your child about Coronavirus](#) Childmind.org gives tips for having a conversation with your child about the COVID-19.

[Handwashing and Hand Sanitizer Use at Home, at Play, and Out and About](#) This resource from the CDC serves as a guide for handwashing and sanitizing in different environments.

[Handwashing songs](#) A collection of songs and videos to serve as timers for handwashing.

[Keeping Home Safe](#) CDC tips for “Keeping the home safe.”.

[NASP Online: Talking to your child about COVID-19](#) Guidance from National Association of School Psychologists (NASP).

[Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 \(COVID-19\)](#) National Child Traumatic Stress Network provides a guide for helping parents and families reduce risk of COVID-19 and helping children cope (ages preschool – high school).

[Parenting in the time of COVID-19](#) The World Health Organization (WHO) provides healthy tips for parenting during the outbreak of COVID-19.

[PBS: Talking to your child about coronavirus](#) Public Broadcasting System (PBS) gives tips for having a conversation with your child about the coronavirus.