

Le 17 mars 2020

Dear parents and guardians,

These are interesting and ever changing times. Our children are watching us and observing our responses to the on going situation in order to make sense of the world around them. Our actions and reactions over the coming weeks will help to shape their response not only to the current situation, but also to future situations of anxiety or crisis. It is our responsibility to respond in ways that reinforce and build on our children's resilience rather than their anxiety.

**Our student services and educational services teams are suggesting the following strategies in helping to reduce the anxiety in your children:**

- **Reassure your child**
  - Children who are reassured by the adults in their company are able to develop a greater sense of control and confidence in the face of difficulties.
- **Provide honest, age, and developmentally appropriate information to your child.**
  - Talk with your child about the virus. If you are not sure how to go about this discussion, we have included some resources to help guide you.
- **Talk about possible solutions and prevention with your child.**
  - Ex : Hand washing, self-isolation, etc.
- **Listen actively to your child and allow them to express their feelings on the subject.**
  - As you continue to discuss, take note of how they are feeling
  - Reassure them that they are ok.
- **Develop healthy practices as a family.**
  - Limit your exposure to media.
  - Limit screen time.
  - Increase your quality family time.
  - Create and follow a new routine with your kids.
  - Be mindful of your actions and emotions.

## **Routine**

We understand that every family will adopt their own routines and activity structures in the face of social isolation. We encourage you to take advantage of this time with your children and to create a daily routine to give them a sense of structure. Routine is important in helping to calm anxiety and stress in children as it provides them with a certain level of predictability and familiarity.

Regardless of the schedule you and your family create, we suggest you incorporate the following elements into your child's daily routine where possible.

### **Time in Nature/ Outdoors**

- Play in the forrest or in nearby parks
- Go for walks, walk your dog if you have
- Climb trees, build forts
- Have a camp fire
- Do a treasure hunt

### **Sleep Schedule**

- Put your child to bed and wake them up around the same time every day to keep their sleep on track.

### **Social Activities**

- Play together
- Cook together
- Build forts
- Complete chores and household tasks
- Have family discussions
- Play board games

### **Academics**

- Your child's teacher will be providing you with guidelines in regards to their academics.

### **Creative time**

- Crafting
- Building : LEGO, K'nex
- Puzzles
- Play dough
- Drawing
- Music

### **Mouvement**

- Play active games together as a family
- Exercies (ex. push-ups, planks, squats)
- Play sports (ex. dance, hockey, soccer, baseball)

## **Educational Services Team**