



KEEPING OUR KIDS SAFE, HEALTHY AND ENGAGED DURING THE COVID-19 OUTBREAK

Wash, wash, WASH! In discussing #COVID19 with your child, emphasize the importance of healthy, daily behaviors like washing hands and covering mouths. Print this hand-washing coloring page to talk #germprevention with your child here.

<https://bit.ly/2QztnKD>



With school and center closures, you're probably looking for ways to keep your child busy at home. Be mindful of how much #screentime they're getting. Chances are, they're being exposed to a lot of #COVID19 talk online. Take some time to unplug. Check out these fun resources for fun ways to learn outside!

<https://bit.ly/2LU8b20>

Amid the #COVID19 outbreak, we encourage you have a discussion about what it is, and #germprevention with your child. Check out this resource from the #CDC teaching you how to discuss the #Coronavirus appropriately and calmly with your family.

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>



It's important to stay calm and confident when talking about #COVID19 with your child. Children pick up on and react to fear. Remind them your family will be okay. Read more tips on how to discuss #COVID19 with your family here.

<https://bit.ly/2wONEBQ>