

# 6

## TIPS YOU CAN TRUST



# How to help kids cope with extended school closures

**You're not alone.** As the world's leading expert on childhood, we're providing parents, schools and communities with trusted resources about coronavirus (COVID-19) and the children we know and love.

1

**Set the stage.** Give children age-appropriate information, so they know what's happening and how it will affect them.

---

2

**Stay on schedule.** Keeping wake time, bedtime and meal time consistent helps children maintain their daily rhythm and comforting routines.

---

3

**Co-create plans.** Give children a sense of control by involving them in daily decision-making, like choosing an activity or what they'd like for lunch.

---

4

**Get moving.** Counter inactivity by incorporating movement and physical exercise into your at-home time – designate outside time or have a dance party in the living room!

---

5

**Eat well.** Spending a lot of time at home can lead to boredom and unhealthy eating habits, so pay attention to food quality and involve kids in healthy snack and meal preparation.

---

6

**Prioritize learning.** Did you know you are your child's first and best teacher? Use school resources, books and educational websites and apps. Get creative by turning everyday moments into brain-building opportunities. Most importantly, have fun learning together!

