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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 Novel Coronavirus and the children we know and love. Here's top tips on helping prevent learning loss by making the most of children's time at home from school.

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!

