



Yellow Seed

Covid-19

Parenting Support



Yellow Seed
attract | develop | engage | retain

WHAT YOU SHOULD KNOW ABOUT COVID-19



Introduction

With the outbreak of the Covid-19 virus, parents all around the world are truly worried about the wellbeing and safeguarding of their children. We as parents are the most important people in our children's lives, and they look to us for guidance, support and protection. So, as the adults, lets take a step back and calmly view our options of how to protect our children and family during this crisis.

What you should know

Covid-19 is the infectious disease caused by the most recently discovered Coronavirus. Covid-19 originated from Wuhan, China in December 2019, but has quickly spread worldwide. Covid-19 is spread from one person to another by touching one another or by touching infected objects. The virus can also be spread through respiratory secretions. Familiarise yourself with the symptoms of Covid-19 in comparison to a Cold or Flu on the next page so that you can act fast in the case of a suspected infection.

“ A pandemic will lead to permanent social, economic, and cultural changes. The key is to create good from a bad situation.

Wayne Gerard Trotman

”

		Covid-19 (mild - severe)	Cold (Gradual start)	Flu (Abrupt start)
Fever		Common	Rare	Common
Fatigue		Sometimes	Sometimes	Common
Cough		Common (dry)	Mild	Common (dry)
Sneezing		No	Common	No
Aches		Sometimes	Common	Common
Runny/stuffy nose		Rare	Common	Sometimes
Sore throat		Sometimes	Common	Sometimes
Diarrhea		Rare	No	Sometimes for children
Headaches		Sometimes	Rare	Common
Shortness of breath		Sometimes	No	No

Information from World Health Organization

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses#:~:text=symptoms>

TIPS WHEN TALKING TO YOUR KIDS ABOUT THE VIRUS



Keeping it simple and understandable

Start off by sharing age appropriate facts, for example:

- “You know how you sometimes get a cough or fever...”
- “Your school closed to protect you and your friends...”
- “We want to keep you safe, so we cannot go to places with a lot of people....”

Make sure you reassure your children that they are safe. Children pick up emotional cues from your tone of voice. This will comfort them during this time.

Make playful conversations with your children on how you as a family will combat “germs” that cause this disease and create simple tasks that make them feel like they are taking action. Harvard’s Dr. Richard Weissbourd states that both children and adults are more distressed when we feel helpless and passive, and more comfortable when we are taking action. So use these conversations to in still habits for a good hygiene routine.

Important keys:

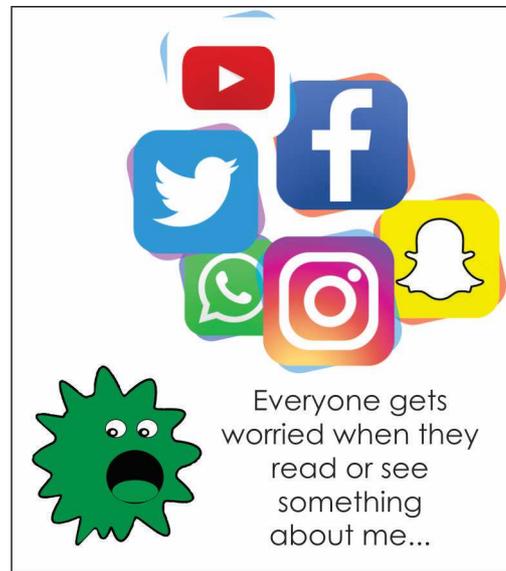
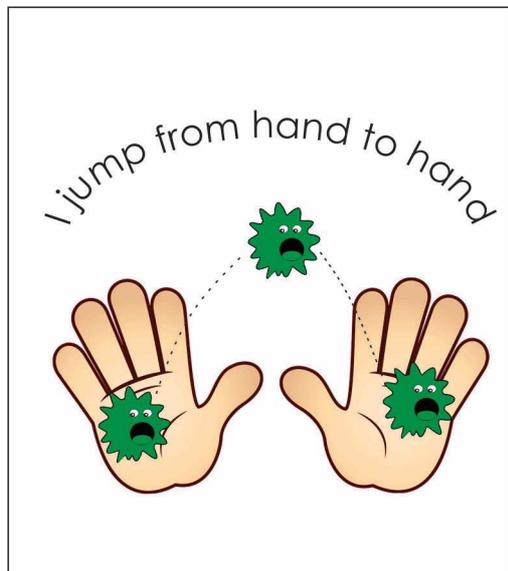
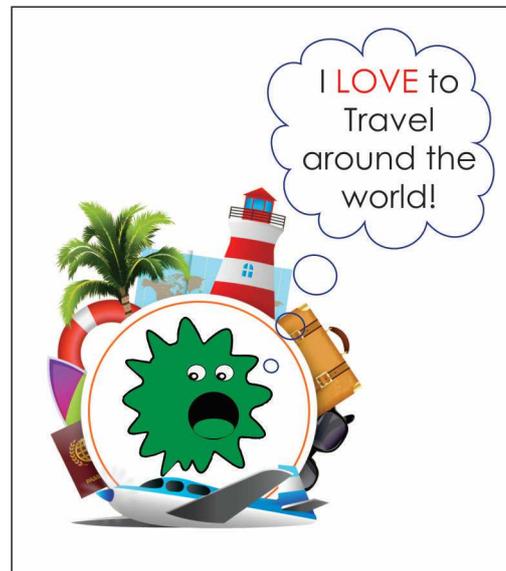
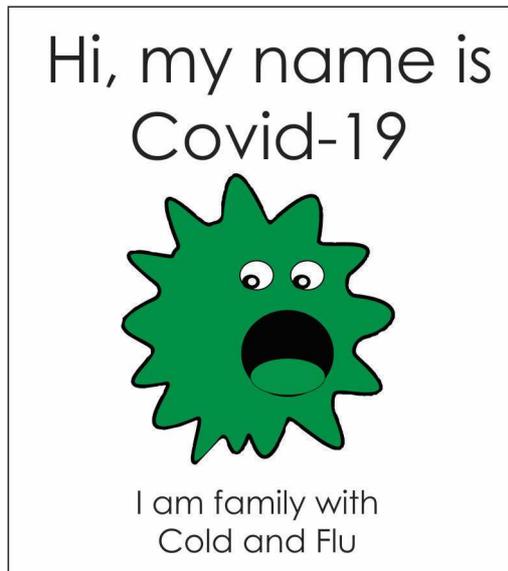


- Offer comfort and stay composed
- Be present for your children
- Stay positive
- Monitor your children’s television and social media viewing
- Keep your normal routine as far as possible
- Be truthful and precise
- Create fun ways to do basic hygiene habits
- Discuss any new rules you need your children to follow



Use basic illustrations to share your knowledge

The next two pages provide some helpful illustrations to assist in communicating with your kids about the virus.

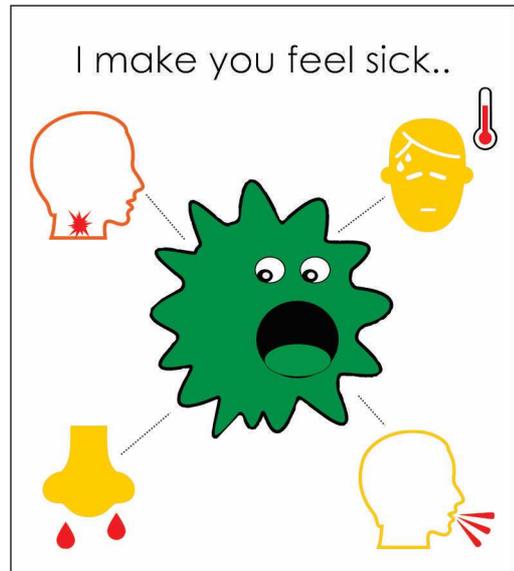
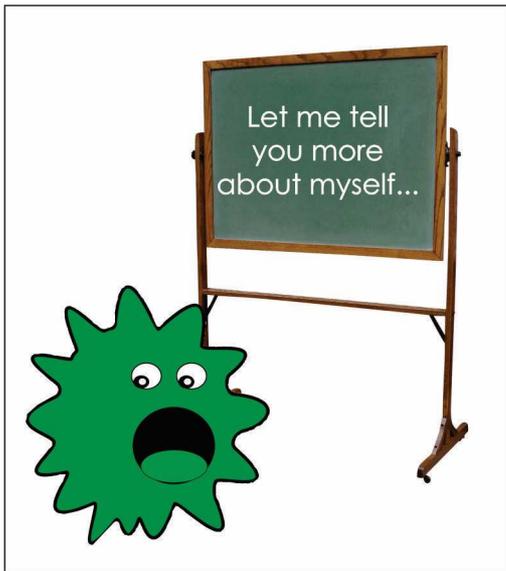


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Kids worry more when they
are kept in the dark.

Rachel Ehmke

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FAMILY TIME AND CARE DURING ISOLATION



What to do during isolation

While all our schools closed due to the Covid-19 outbreak, you might be wondering what to do with your kids? There are a wide variety of activities that is fun and educational that can assist in limiting screen time.

Always remember that most people and families function best when they have a schedule. Create a schedule that is clearly visible. Listed below are some activities to consider.

- Creative time: arts, crafts, baking etc.
- Educational time: Reading, crossword puzzles, sudoku etc.
- Outdoor time: Sports, gardening etc.
- Chores – might be time to clean a room etc.
- Free time: Limited screen time.
- Family time: Take advantage of this time to do things together.

Supporting your family's immune system

Our immune system is our most important asset when it comes to fighting diseases, but there is no fast way to boost your immune system overnight. Fortunately, the current self-isolation of kids at home provides parents with the perfect opportunity to boost the immune systems of their kids without being exposed to other children. Here are a few helpful tips:

- Try going organic. Contains all the goodness your immune system needs
- Get yourself outdoor in the sun more often. Vitamin D helps the immune system.
- Get cooled down – cold temperatures reduces stress – therefore supports the immune system.
- Get fresh air as often as possible
- Try Probiotics. Reduced possibility of getting colds and shortening the duration thereof.
- Get rest. Lack of sleeps leads to immunity imbalance.