

March 16, 2020

Dear D52 families,

With the recent school and community closures due to the spread of COVID-19, your child likely has some questions about what is happening. These situations can be difficult for adults and children to navigate and understand. Questions and uncertainties may increase your child's level of stress and anxiety. I would like to provide some information and activities/tools to review with your child that may help reduce stress and improve regulation while they are home over the next two weeks. Here are also some important tips to keep in mind:

1. Follow a consistent routine while your child is home. Make time for their Connected Learning, play, meals, and chores.
2. Be sure to get enough sleep and try to stick to the same sleep/wake routine you have when you are in school.
3. Eat a well balanced diet, preferably 3 meals and snacks every day, and stay hydrated.
4. Limit your child's use of electronic devices and television during free time. Your child will likely need to use an electronic device (tablet, Chromebook) for their school work. Try to encourage play indoors and outdoors during their non-academic times. Please see the attached screen time guidelines recommended by the AAP.
5. Limit their exposure to the News and social media to help control the information they are receiving about COVID-19 developments to ensure that it is developmentally appropriate and coming from you or another trusted source.
6. Communicate with your child's teacher(s) and other relevant staff when you have questions or concerns about their Connected Learning expectations.

I hope that you find these tips and activities helpful. If you have any questions for me, please do not hesitate to send me an email d52nsche@d52schools.com.

Here are a few additional resources you may find helpful.

[25 Things You Can Control](#)

[Coping Strategies](#)

[Coping Tools: What Helps Me](#)

[Mindfulness](#)

[Screen Time Guidelines](#)

Best,

Natasha Schertz, MSW

School Social Worker