KIDS AND CORONA VIRUS: A SURVIVAL GUIDE

HOW TO TALK OPENLY & HONESTLY

TIPS, ACTIVITY IDEAS & RESOURCES

WASH HANDS BEFORE AND AFTER EACH ACTIVITY
Clean your hands often & avoid touching your face with unwashed hands

Clean and disinfect touched surfaces DAILY

THE BEST WAY TO PREVENT ILLNESS IS TO AVOID BEING EXPOSED

Avoid nonessential trips to the emergency room, urgent care, or medical offices

STOCK UP ON NON-PERISHABLE GOODS

TIPS FOR STAYING SAFE

Cover coughs and sneezes with a tissue that is immediately thrown away or sneeze into your upper arm / elbow. Immediately wash your hands after.

MONITOR FOR SYMPTOMS

*Fever (temperature higher than 98.6°F or 37°C)
*Shortness of breath
*Cough

STOCK UP ON NON-PERISHABLE GOODS

SOCIAL DISTANCING! THIS MEANS AVOID CLOSE CONTACT- NO HUGS, HIGH FIVES, OR HANDSHAKES AND STAY AT LEAST 6 FEET APART FROM OTHERS

REFILL ESSENTIAL GOODS

REFILL MEDS FOR 60-90 DAYS

THE BEST WAY TO PREVENT ILLNESS IS TO AVOID BEING EXPOSED
TALKING TO YOUR CHILD ABOUT CORONA VIRUS & SOCIAL DISTANCING

DON'T BE AFRAID
Not talking about it can make kids worry more.
Talk openly about the facts and have a conversation without the emotion or exaggeration added by the news.

BE DEVELOPMENTALLY APPROPRIATE
Avoid sharing too much information at once - this can be overwhelming for kids.
Answer them honestly and clearly.
It's ok to not have answers to all of their questions, just answer to the best of your ability!

INVITE YOUR CHILDREN TO ASK YOU QUESTIONS & TO TELL YOU WHAT THEY'VE HEARD

BE REASSURING
Let them know this is a rare virus that shows milder symptoms in kids.

DEAL WITH YOUR OWN ANXIETY BEFORE TALKING WITH YOUR CHILD

FOCUS ON WHAT YOU'RE DOING TO STAY SAFE

FOR MORE PARENT RESOURCES VISIT THESE WEBSITES
https://childmind.org/coping-during-covid-19-resources-for-parents/
A BOOKLET FOR AGES 7 & UNDER (AVAILABLE IN MANY LANGUAGES)
https://www.mindheart.co/descargables
Activity Ideas

- Practice drawing using Art Hub for Kids
  https://www.artforkidshub.com/
- Read for 20 minutes
- Write a letter
- Go for a walk
- Learn to bake
- Learn to dance on YouTube
- Do a scavenger hunt
- Interview each other
- Cook together
- Make a movie
- Build a fort
- Play a game
- Do a puzzle
- Learn a new craft/hobby:
  * Sewing
  * Finger knitting
  * Science experiments
  * Scrapbooking
  * Paint rocks
  * Friendship bracelets
  * Crochet
  * Make a storybook
  * Nature journaling

For more ideas check out
HELPING KIDS WITH TRANSITIONS & AVOIDING ARGUMENTS

CREATE A DAILY ROUTINE
Children need consistency and routine structure, just as they would have at school. Go over the day’s routine together over breakfast in the morning. Ensure you have their attention via eye contact or having them repeat what you’ve said. Have a visual schedule available as well.

SET A TIMER!
Before transitioning to a new activity, provide an explanation and time warning. For example; “After we finish ______, we will move onto_______. We have ___ minutes before the next activity. I am setting a timer now.” You can have the child set the timer or you can ask them to repeat the time until the next activity.

WHEN TRANSITIONING IS NOT GOING WELL...
Don’t escalate the situation. Ignore it as long as they are making the effort, praise them for any engagement in transitioning and use appropriate consequences when necessary.

HAVE REGULARLY SCHEDULED BREAKS
Free Internet for Families
Charter-Spectrum is offering free access to broadband and WiFi services to households with students who do not already have the services.

To enroll call 1-844-488-8395
Installation fees will be waived for new student households.
Cellphone companies will help you out if you are struggling to pay your bills during this time!
Click the links below for more info

Verizon
https://www.verizonwireless.com/support/covid-19-faqs/

AT&T
https://www.att.com/help/covid-19/

SPRINT
https://business.sprint.com/covid-19/

There are a number of resources available to seniors, people with disabilities and people with pre-existing health problems available during the #COVID19 outbreak in #ad35!
Please take a look through the list (click the link below) to find food pick-up locations, food delivery services and resource centers.

https://www.facebook.com/AsmCunningham/posts/1342121129509117?__xts__=%5B%22%5D=68.ARAAB0WR6hlzImX8Pojf4xfCEBis6yjPmLYT1_BsyFmn-vFE76408w85_g0AehixS0tMdYVc6FDyfxHxN6jgX_3kql-648KfcbvwrF7rPOkjlXSkS3ejY48slrZHwc2HRkKJGkZOTgSnuUrnBlyhkSjuiK5QBoz1JSfzVeNNYAMWTPi03hCr2aoXMO9V2msLvJEbpLpoRqzTJOoocgPC24w4eB9KXdlCfISaxh6xdaCmyy1TuAOsItvcNwE0oXCmRg2WcGL8GxY861Z306qWYNsXijNM7fEg8alA-e6sVDY8Gth29QUJ40E2osA5-sQUJU02zt7qdThuB2XOg&__tn__=-R
REVISED MEAL SERVICE PLAN

FOR THE SAFETY OF OUR STAFF AND TO BEST SERVE OUR COMMUNITY, WE WILL MOVE TO ONCE PER WEEK PRE-ORDER MEAL PICK UP ON WEDNESDAYS AT FIVE SITES FOR SLCUSD STUDENTS ONLY.

PLACE ONLINE ORDERS HERE:
http://slcusdfood.org/online-ordering/#/catering/1532619635664/step1

Weekly Meal Pick Up on WEDNESDAYS ONLY, starting 3/25. ORDER MUST BE PLACED BY 12pm TUESDAY.

Must be an SLCUSD Student, use name and ID number to register. PRE-ORDER ONLY, no walk-ups.

Pick Up Locations:
Laguna Middle School
Los Osos Middle School
Pacheco Elementary School
Sinsheimer Elementary School
Del Mar Elementary School

Weekly meals include 5 days worth of breakfast and lunch staple foods per student. Staple items will be based on what is available.

QUESTIONS? CALL OUR MEAL HELP LINE AT 805-549-1270
FREE MEALS FOR KIDS!

Lompoc Unified School District will be providing breakfast and lunch to children 18 & under at no cost during the COVID-19 School Closure.

Students may visit any of the listed sites to receive a meal. No student ID is needed.

SCHOOL SITES

Breakfast 7:30 am-8:30 am  
Lunch 11:00 am-1:00 pm

Buena Vista  
Clarence Ruth  
Crestview  
Fillmore  
Miguelito  
Los Berros  
Hapgood  
La Canada  
La Honda  
Lompoc High School  
Lompoc Valley Middle School

MOBILE SITES

Breakfast 7:30 am-8:30 am  
Lunch 11:00 am-1:00 pm  
Look for the big yellow bus!

El Camino on J Street  
Lompoc Library on D Street  
The Corner of G Street and North Avenue  
Maple High School

Our LUSD Child Nutrition Professionals are dedicated to keeping our students and community safe. All personnel are trained in safe food handling and sanitation procedures.

This institution is an equal opportunity provider.
SMBSD schools are closed until further notice. Free meals are available for any child 18 years old or younger, accompanied by an adult, at any school in SMBSD (except Bonita School) to pick up Mon - Fri between the hours of 11 a.m. and 1 p.m.

Bonita School students can go to any other school near them to get their meals.

Las escuelas de SMBSD están cerradas hasta nuevo aviso. Hay comidas gratuitas que puede recoger cualquier niño de 18 años o menor, acompañado por un adulto, en cualquier escuela de SMBSD, de lunes a viernes entre las 11am-1pm (con excepción de la Escuela Bonita).

Los estudiantes de la Escuela Bonita pueden ir a la escuela más cercana a ellos para recoger sus comidas.
Transitions Mental Health Association’s Family Services Program wants to let everyone know that our Family Support Specialists are available by phone to any families.

We recognize that home life issues may very well increase with families being isolated, in home together.

Family Support Specialists are available and willing to be of one-on-one phone support and aide in connection to resources in any way we can.

Family Support Specialist’s, as always, will continue with parenting interventions with the main goals of increasing the knowledge, skills & confidence of parents and reducing the prevalence of mental health, emotional & behavioral problems in the home.

Family Services Staff are willing and available to talk to and educate families that may be confused or worried about the COVID-19, how best to protect themselves and their loved ones in the most calm and centered way.

Our staff are very willing to work with families, looking at creative solutions in getting the family needs met and connecting them to needed resources to sustain their household.

Family Services Staff are willing to talk to families, giving them tools on working through emotional needs and avoiding outbursts and behavioral issues at home.

Our staff are willing to explore educational and social needs with the families while being sheltered in place as well as online games, projects or entertainment.
Please feel like you can share our staff contact freely for phone one-on-one support, education and resource connection. All services are available in both English and Spanish*

Family Support Specialists, Adult Services – San Luis Obispo County
*Fernando Vasquez: 805-540-6574
Vivian Soul: 805-540-6572

Family Support Specialists, Youth Services – San Luis Obispo County
*Melanie Davenport, SLO & North Coast: 805-503-0009
*Jorge Huerta, Northern SLO County: 805-458-2596
*Mayra Valencia, Southern SLO County: 805-458-6388

Family Support Specialists, Youth and Adult Services – Northern Santa Barbara County
*Maria Perez: 805-441-3325
*Zandra Alfaro-Olea: 805-458-5487

Family Services Program Manager
Shawn Ison
805-540-6571

Please let us know if we can be of any other assistance. We are very willing to brainstorm any ideas with you that might help better serve our community during this very heightened time of need.