

Corona advice for parents

- Everywhere you go, you hear about corona
- Even children hear a lot about it.
- They don't know what's happening.
- Every child behaves differently under stress or strain.

What might happen?

- The children may be tired, nervous.
- Or eating less.
- The children may not stay with one thing for long.
- The children might get:
 - Abdominal pain
 - Headache
 - Children may vomit.

What helps with children?

- Be with the children
- Keep the day the same:
 - Get up
 - Eat breakfast
 - Lunch
 - Evening Meal
 - Go to sleep
- Exercise: Riding a bike, running, playing ball

But not together with other children

- Healthy eating: fruit, vegetables, water
- Give the child time to play.
- No pictures and little information about corona.

How do I talk to the children about Corona?

- Talk to your child. Only what is true.
- Listen to your child.
- Answer the child's questions.
- Tell the child how to protect itself.
- The child does not visit other people. Tell the child why this is so.
- Talk to the child about its own fears.

If you're in domestic quarantine. How do I help my child?

Quarantine is spelled “Ka ran tä ne” in German. Quarantine is a measure to protect people. When you stay at home, it is called domestic.

- Tell your child what domestic quarantine means. Explain the meaning of domestic quarantine so the child understands.
- Allow contacts via mobile phone, laptop, computer.
- Day structure:
 - Fixed times for meals.
 - Fixed times for going to bed.
 - Fixed times to play.
- Cook what your child wants.
- Make tasks from school together.
- Exercise is good for the child.
- Reading and writing
- Guess a riddle
- Painting
- Show the child your confidence and security for the future.

What does the law say?

Diseases must be prevented. The law has ways of doing that.

- If the Health Department contacts you. You have to stay at home.
- The government decides which people have to stay home.

The government protects the people. The disease will not be spread further.

What you can do in family?

- Cough in your elbows.
- After sneezing, throw away the Kleenex.
- Wash your hands.

Create daily structure

- Get up
- Put clothes on
- Wash yourself
- breakfast

set goals

- read a book
- write a letter

Stay in touch with other people

- Phone
- Whatsapp
- Facebook
- Instagram

Exercise.

- On a chair
- On the floor

Relaxation exercises.

- Get inspiration on the internet

Let your feelings get in the way. It's normal

- Angry
- Sad
- anxious

If symptoms appear, call the doctor.

- Cough
- Cold
- Sore throat

Think positively and orientate towards your own values.

- Family
- Faith
- Social network

Who can you turn to if you have health problems?

- Ihr Hausarzt
- Gesundheitsamt
- ärztlicher Bereitschaftsdienst Tel: 116117

Whom you can turn to for educational problems?

- Kinderschutzbund: 07541-22124
- Caritas : 07541-3000-0