

HELPFUL TIPS FOR PARENTS AND STUDENTS FOR COVID-19

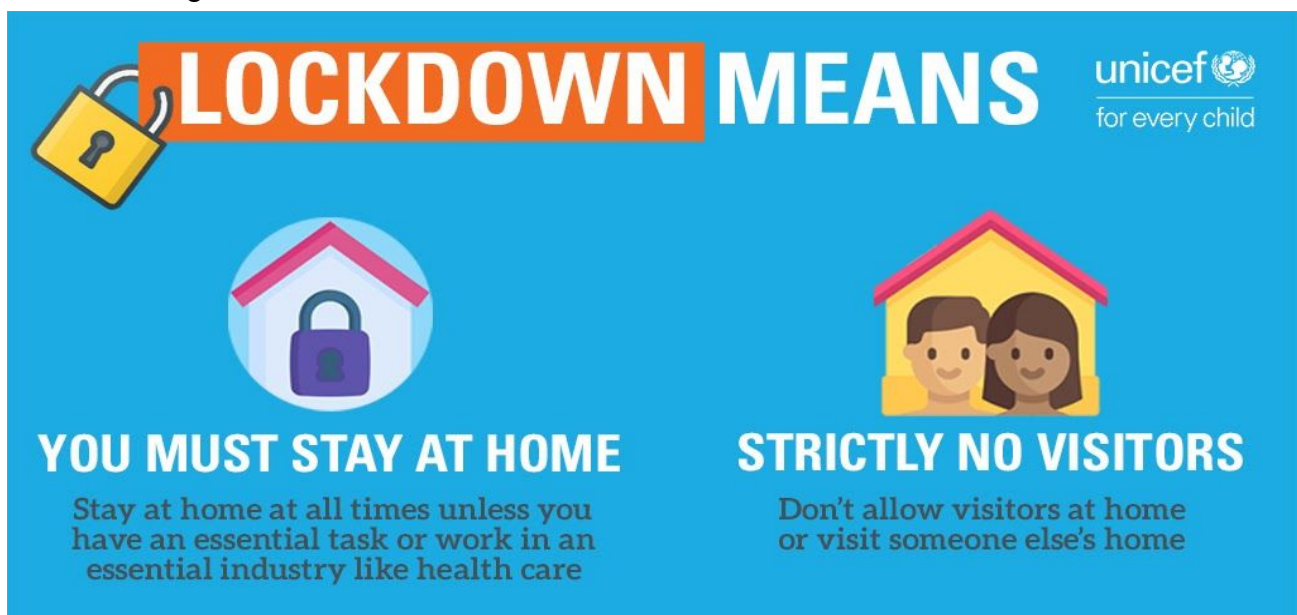
During these **COVID-19** times, children may respond to stress in different ways. Common responses include having difficulties sleeping, bedwetting, having pain in the stomach or head, and being anxious, withdrawn, angry, clingy or afraid to be left alone.


Older children may experience confusing emotions like:

- Anxiety, worry, or fear of the uncertainty about future studies & exams
- Coping & difficulty with E-learning management systems & online classes
- Classes feeling impersonal & unenjoyable
- Home environment not conducive to learning
- Social isolation with no outdoor activities and social interaction

Leaving them feeling...

- Stressed or overwhelmed
- Sadness, tearfulness or loss of interest in usual enjoyable activities
- Physical symptoms, such as increased heart rate, stomach upset, fatigue, headache or any other psychosomatic discomfort
- Frustration or anger
- Restlessness or irritability
- Trouble in relaxing
- Difficulty sleeping
- Feeling helpless/ hopeless
- Difficulty concentrating in studies
- Feeling disconnected from studies.



LOCKDOWN MEANS 
for every child

YOU MUST STAY AT HOME
Stay at home at all times unless you have an essential task or work in an essential industry like health care

STRICTLY NO VISITORS
Don't allow visitors at home or visit someone else's home

ROLE OF PARENTS

Parents to help children cope with the stress. Respond to children's reactions in a supportive way and explain to them that they are normal reactions to an abnormal situation.

Listen to their concerns and take time to comfort them and give them affection, reassure them that things will go back to normal soon.

If possible, spend device free time with family. Create opportunities for children to play and relax. Encourage children to discuss their questions and concerns. Explain it is normal that they may experience different reactions and encourage them to talk to teachers if they have any questions or concerns. Provide information in an honest, age-appropriate manner.

CHECKLIST FOR PARENTS:

1. Stay informed about COVID-19 through reputable sources such as UNICEF and WHO and national health ministry advisories.
2. Be aware of fake information/myths that may circulate by word-of-mouth or online.
3. Monitor your child's health and recognize the symptoms of COVID-19 (coughing, fever, shortness of breath) in your child
4. Seek medical advice by first calling your health facility/provider and then take your child in, if advised.
5. Remember that symptoms of COVID-19 such as cough or fever can be similar to those of the flu, or the common cold, which are a lot more common. If your child is sick, keep them home in quarantine.
6. Request reading and doing assignments so that students can continue learning while at home. Explain to your child what is happening in simple words and reassure them that they are safe.
7. Keep regular routines and schedules as much as possible, especially before they go to sleep, or help create new ones in a new environment.
8. Do not restrict your communication with them just to commands/instructions and directions. Talk to children, share and discuss to build knowledge and encourage development of social and communication skills.
9. Teach them good hand and respiratory hygiene practices like frequent handwashing (see below), covering a cough or sneeze with a flexed elbow or tissue, then throwing away the tissue into a closed bin, and not touching their eyes, mouths or noses if they haven't properly washed their hands.

Washing hands properly

Step 1: Wet hands with safe running water

Step 2: Apply enough soap to cover wet hands

Step 3: Scrub all surfaces of the hands – including backs of hands, between fingers and

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under nails – for at least 20 seconds

Step 4: Rinse thoroughly with running water

Step 5: Dry hands with a clean, dry cloth, single-use towel

Wash your hands often, especially before and after eating; after blowing your nose, coughing, or sneezing; going to the bathroom and whenever your hands are visibly dirty. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.

10. Clean/ Cook meat and eggs properly.

11. Ensure that safe drinking water is available and toilets are clean

12. Encourage your children to ask questions and express their feelings with you and

13. their teachers. Remember that your child may have different reactions to stress; be

14. patient and understanding.

15. Ensure personal safety if you really need to leave home during lockdown.



WHAT IF I NEED TO LEAVE HOME DURING LOCKDOWN?

unicef 
for every child

If you need to leave home for essential task like buying food, medicine, going to an ATM, or your job in an essential industry...

- KEEP YOUR DISTANCE**
Stay at least 1 metre away from others at all times
- PLEASE DON'T TOUCH**
Do not touch your nose, mouth or eyes unnecessarily, and don't make contact with anyone else by shaking hands or hugging
- COVER YOUR MOUTH**
Cover your mouth when you cough or sneeze. If you use a tissue, dispose of it immediately
- WASH YOUR HANDS**
Wash your hands properly with soap before you leave and as soon as you return



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GUIDELINES FOR PARENTS OF SPECIAL NEED CHILDREN DURING COVID-19

Parenting during a pandemic poses entirely different challenges. The burden is especially unique for parents of children with disabilities, as they take over both roles, that of parents and caregivers.

To ease and help parents cope with these challenges, here is a link to a booklet launched by UNESCO New Delhi and the [UNESCO Chair in Community Management of Disabilities](#) (University of Calicut) for parents and caregivers of children with disabilities, entitled *Life in the Times of COVID-19: A Guide for Parents of Children with Disabilities*.

<https://en.unesco.org/news/another-covid-19-front-line-parents-children-disabilities>

Following are some of the links to important guidelines for parents of children with special needs across disability during COVID-19 by the **National Institute for the Empowerment of Persons with Intellectual Disability (NIEPID)**, Govt. of India :

http://niepid.nic.in/PARENT_ADVISORY.pdf

http://niepid.nic.in/nios_covid19.pdf

http://niepid.nic.in/covid_19.pdf (Based on UNESCO's guidelines)

Following is a link to understanding and supporting a young adult at home with challenging behaviour during COVID-19:

http://niepid.nic.in/covid_sen.pdf

Following is a link for **suggested leisure activities and games to engage children with special needs**:

http://niepid.nic.in/leisure_fun.pdf

ROLE OF STUDENTS

Students should understand basic, age-appropriate information about coronavirus disease (COVID-19), including its symptoms, complications, how it is transmitted and how to prevent Transmission. They should stay informed about COVID-19 through reputable sources such as UNICEF, WHO and national health ministry advisories.

CHECKLIST FOR STUDENTS

1. In a situation like this it is normal to feel sad, worried, confused, scared or angry. Know that you are not alone and talk to someone you trust, like your parent or teacher so that you can help keep yourself safe and healthy. Ask questions, educate yourself and get information from reliable sources

Reduce your risk of **coronavirus** infection:



Clean hands with soap and water or alcohol-based hand rub

Cover nose and mouth when coughing and sneezing with tissue or flexed elbow



Avoid close contact with anyone with cold or flu-like symptoms

Thoroughly cook meat and eggs



No unprotected contact with live wild or farm animals



World Health Organization

HELPFUL TIPS FOR PARENTS AND STUDENTS FOR COVID-19

2. Protect yourself and others

- Wash your hands frequently, always with soap and water for at least 20 seconds
- Remember to not touch your face
- Do not share cups, eating utensils, food or drinks with others
- Students with pre-existing medical conditions to take extra care & precautions. Keep your mouth covered and sanitize your hands at regular intervals.
- Follow physical distancing rules

STAY PROTECTED FROM CORONAVIRUS

To keep yourself, your family and friends safe from disease, wash your hands frequently with soap and water.



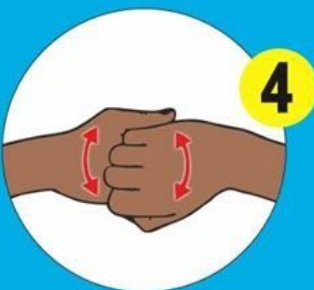
PALM TO PALM



PALM OVER BACK



BETWEEN FINGERS



BACK OF FINGER



BASE OF THUMBS



FINGER NAILS

HANDWASHING STEPS

3. Be a leader in keeping yourself, your school, family and community healthy.
 - Share what you learn about preventing disease with your family and friends, especially with younger children
 - Model good practices such as sneezing or coughing into your elbow and washing your hands, especially for younger family members

Protect others from getting sick

Cover mouth and nose with tissue, sleeve or elbow when coughing or sneezing



Throw tissue into closed bin after use

Clean hands after coughing or sneezing and when caring for the sick

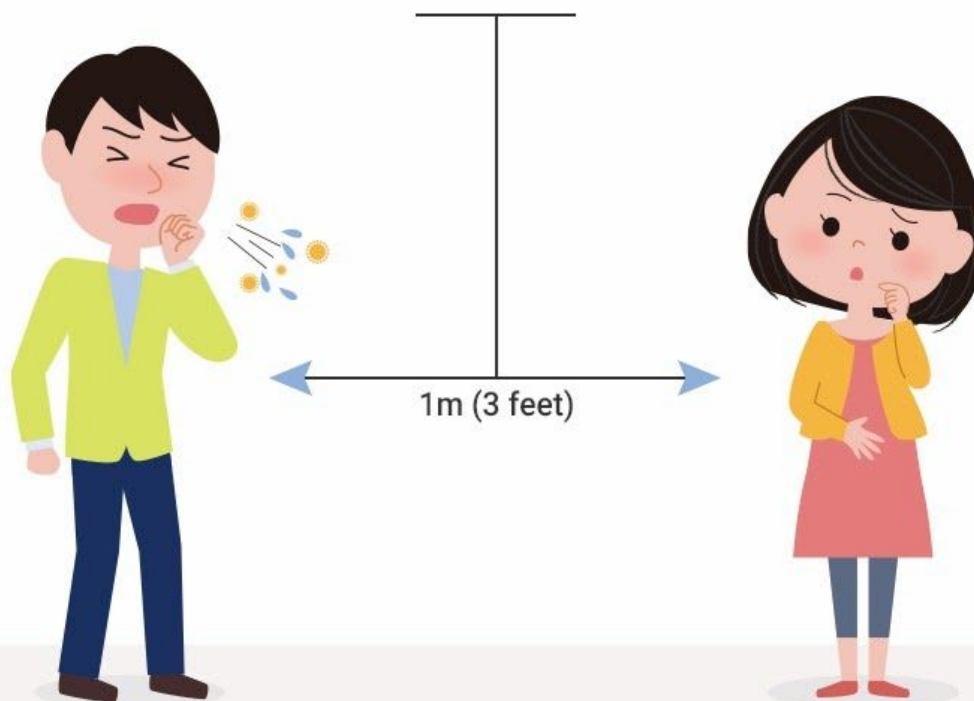




MHRD | Government of India
Ministry of Human Resource Development

Novel Coronavirus (COVID19)

Maintain at least **1m (3 feet)** distance between yourself and anyone who is coughing and sneezing



4. Don't stigmatize your peers or tease anyone about being sick; remember that the virus doesn't follow geographical boundaries, ethnicities, age or ability or gender.
5. Tell your parents, another family member, or a caregiver if you feel sick, and stay home.

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6. Maintain your day-to-day activities and a routine as much as possible. Having a healthy routine can have a positive impact on your thoughts and feelings.
Go back to basics:
 - eating proper meals & on time,
 - physical exercise (e.g., walking, stretching),
 - getting enough sleep, and
 - doing things you enjoy.
7. Make a daily “To Do” list. Check things off as you complete them.
8. Stay connected with your teacher via mail.
9. Plan for internet access/ device and refer to all the material shared in the Classroom. Complete assignments and finish pending work.
10. Set realistic goals about what you can accomplish each day
11. Utilise this time to bridge gaps and strengthen any subject that demands more time, effort & attention from you.
12. With increased screen time, it is important to blink your eyes frequently and stretch your body from time to time.
13. Restrict time on social media. Instead indulge in recreational activities with family.

SUGGESTED ACTIVITIES AND IDEAS FOR SUMMER BREAK DURING LOCKDOWN

1. Try out a new hobby - gardening, cooking, baking, sudoku, sketching, painting, etc.
2. Learn short courses online. Try Coursera free courses in foreign languages, graphic design, art, song writing, musical theory, photography, theatre, learning an instrument, etc. among many others
<https://www.coursera.org/>
3. Learn Computer Programming & Coding from IIT Professors
https://campk12.com/book-trial?utm_source=taboola&utm_medium=refferal&utm_campaign=engmetro&utm_content=msn-edgedefaulthomepage-india&tblci=GiDxFCwHEVTVuPnwFNBx8KN439bxdW_3GJunQB5eQPNsiCjh08
4. Do daily brain gym in gamified format & personalized worksheets with LOGIQids
<https://www.logiqids.com/>
5. Read books, magazines, manuscripts around the world with UNESCO Digital Library
<https://www.wdl.org/en/>
6. Take virtual day trips sitting at the comforts of your home

Take a virtual tour to planetariums, zoo or under water, volcanoes, great lakes, etc.
<https://www.weareteachers.com/best-virtual-field-trips/>

Take virtual tour to art museums and art galleries around the world

HELPFUL TIPS FOR PARENTS AND STUDENTS FOR COVID-19

<https://cranbrookartmuseum.org/learn/kids-teens/virtual-kids-art-activities/>

<https://www.uffizi.it/mostre-virtuali>

<https://www.namuseum.gr/en/collections/>

<https://www.britishmuseum.org/collection>

<https://artsandculture.google.com/partner/the-metropolitan-museum-of-art>

https://www.hermitagemuseum.org/wps/portal/hermitage/panorama/virtual_visit/panoram-as-m-1!/ut/p/z1/jZBNb4MwDIZ_Sw8cScxHgO6WMU2MtUKTto7IUqUVhUwkQSEFab9-UbVLpZXNN0uPXz82ZrjGTPFJtNwKrXjv-g-W7CtKkyDKocx2cQp0TYuH8gXI_WOC3y8A3CgKmP1nfgFgy_HlXwvcBaHZ5tsWs4HbzhfqpHE9CWPPvN9PYhQW1wNX2nDJR1_6gXNi16nV07NLrV5JUvW7PMzjH2DZSxwkm08SASlHgSBaA2RpmMbZRYqqQ5Q5KdOcGtMYdDbu2521w3jngQfzPKNW67Zv0FFLD34b6fTo3K9JPMi3-mtTwCfppw1drb4BKsDtBQ!/dz/d5/L2dBISEvZ0FBIS9nQSEh/?lng=en&lng=

7. Read audible books

https://www.audible.in/?ref=Adbl_ip_rdr_from_AU&source_code=AUDTM002080318002K&ipRedirectFrom=AU&ipRedirectOriginalURL=cat%2FYoung-Adults%2FAges-11-13-Audiobooks%2F2684113051

8. 100+ Best Seller Books for Free by NATIONAL BOOK TRUST, INDIA

<https://nbtindia.gov.in/>

9. Sharpen your skills and strengthen your subject with resources at Khan Academy

<https://www.khanacademy.org/>

10. Fun resources by SCHOLASTIC

<https://classroommagazines.scholastic.com/support/learnathome/grades-6-12.html>

HAVE FUN EXPLORING THESE RESOURCES!

**STAY HOME
STAY SAFE
SAVE LIVES**



Ministry of Health & Family Welfare
Government of India

Novel Coronavirus (COVID19)



Help us to
help you

For any health related query, call at

**Ministry of Health & Family Welfare's
24 x 7 Helpline Number**



011 - 23978046

or Email at ncov2019@gmail.com