

COVID-19 (also known as coronavirus) support for parents

Parent guide:

- Offer honest information and answers.
- Be careful when talking with other adults face to face or on the phone or skype when you are in the company of children.
- Restrict info from the news so they do not hear things that are intended for adults and will stress them.
- Ask what the child has heard and put it in perspective for them using the attached social script.
- Read the social script about school.
- Read the social script about coronavirus.
- Allow them to ask for additional information in their own time and revisit the social script.
- Don't overload the child with info by offering more than needed.
- Follow the link for further advice & guidance from the Autism CCN Team.
[https://www.babcockprime.co.uk/disadvantaged-and-vulnerable-learners/autism-complex-communication-needs-\(ccn\)/autism-guidance-during-the-coronavirus-outbreak](https://www.babcockprime.co.uk/disadvantaged-and-vulnerable-learners/autism-complex-communication-needs-(ccn)/autism-guidance-during-the-coronavirus-outbreak)



Why have I got to stay at home?

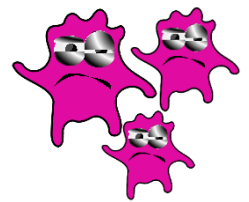
Because your school is closed.

You have heard a lot of talk about Coronavirus which is also known as COVID-19 and that you have been asked to stay home from school

because the germs makes some people sick.

I want to tell you about it so you are clear about what it is and why school is shut.

COVID-19 spreads very quickly and some people do not even know they have got it because it does not make them sick.



For you and most children COVID-19 will be like a cold and will not make you very sick.

But for some people, like those who are already sick or old people, it will make them very ill.

Because of this schools are being asked by the government to close.

This is not forever and schools will re-open again.

Closing school will keep people safe and stop the spread of the virus.

You will be able to go back to school when the government think we are able to keep other people safe.

So we are going to be at home until we hear that school is open for you again.

I have lots of ideas about interesting things we can do, such as:

- [Put some activities linked you your child's likes & interests here and a few other ideas too, such as
- taking photos of all the plants in the garden and identify them online - to show Grandma on skype because she loves plants - make it relevant to your situation]

We will have lots of interesting things to do and I am looking forward to spending some more time with you.

What do I need to do about COVID-19?

What can I do to help?

You are a very important person and there is a lot you can do to help.

Firstly, look after yourself and your family by trying to stick to this list the best you can:

Use soap and warm water to wash your hands and rub the soap till it is all frothy and it feels really soft and silky.

- Try singing the happy birthday song when you are washing your hands
- Wash your hands:
 - In the morning when you get up
 - Before eating food
 - At night before you go to bed
- Do not put your fingers in your nose or mouth
- Follow the bedtime rules and get a good night's sleep because it helps when the body is rested
- Eat well and try to eat some fruit and vegetables because it helps to have the right vitamins in your body
- If you have a cold always use a tissue and put the tissue in the bin



Secondly, if you miss your Grandparents you can skype them and show them activities you have done or talk to them about a [wild-life] program you have seen on TV. They will like to hear you telling them about your adventures at home while you are not at school.

Thirdly, help [your parent] make a list of all the things you like and are interested in. Add to the list other things that will be exciting to do such as [hunting for and taking photos of mini-beasts in the garden and identifying them on-line or face painting].

Finally, maybe you would enjoy helping out around the home - this could make your parent's time doing housework shorter and you could get to spend extra time making [toast] and watching a movie together, wouldn't that be great!



This is about keeping everybody safe and happy.

It's a new adventure and we do not always have all the answers, but your family are here to help.

Here are some ideas for interesting activities that you can do with them to get you started:

- Keep a photo diary about the different activities you do each day
- Put the poster for all the family about how to wash your hands & display them in the kitchen and bathroom. You will find it on the last page or make your own poster
- Plan some movement time, a walk in the garden, dancing to your favourite music or star jumps to help keep your body active & healthy
- Try colouring while listening to your favourite music
- Design your own pizza
- Tidy up your book case & put the books in height or subject order
- Puzzles of all sorts
- Set up a garden bird feeding station & monitor the birds that visit
- Spend an hour on a video game then take a break to do something else
- Ask a parent to help you make toast or popcorn and watch a film with the family
- Create a time capsule
- Collect the end of soap bars & mould them together to make a new bar of soap
- Chill out and listen to tranquil music - close your eyes for a while, letting thoughts drift through your head
- Paint rocks and put them in your garden and make some for the people that you will not see for a while. Keep them in a safe place ready to give them when you can
- Learn more about interesting topics from TV, books or the internet, such as space and wild-life



Remember to have fun but follow the rules because this is the best way to keep you and your family safe.

Washing my hands

1. I turn on the tap and wet my hands



2. I use a soap bar or soap out of the dispenser

3. I make lots of bubbles on my hands until they feel soft and silky



4. I try counting to twenty while I am making bubbles on my hands or singing happy birthday

5. Now I know that the germs are gone

