



# Park West School Division

## Support for Students and Parents During Covid-19

### Supporting and talking to children about COVID-19 (Coronavirus)



Remain calm and reassuring



Make yourself available



Monitor television viewing  
and social media



Be honest and accurate



Review and model hygiene  
and healthy lifestyle practices

See Below a number of Resources you may reach out to:

**Health Links**-1-888-315-9257

**Kids Help Phone**-1-800-668-6868 or

text HELLO to 686868

**KLINIC Crisis line**- Toll free-1-888-322-3019

**Community Adolescent Mental Health Worker**-  
(Jodi Thomas)-1-204-842-3399 ext. 256- Birtle

(Barb McConnell) 1-204- 328-6211- Hamiota

**Director of Student Services** – Bonnie Kiliwnik  
Text/Call – 204-847-0113

**Park West Guidance Counsellor**-(Nadine Hickey)  
Text/call-204-821-6998

We know that children look to adults for guidance on how to react to stressful events. During challenging times, such as the emerging COVID-19 situation, there are a number of ways we can support our kids. Keep in mind that, if parents and or guardians seem overly worried, children's anxiety may rise. It is always helpful to reassure them that health and school officials are working hard to ensure everyone stays healthy.

### Here are a few other suggestions:

#### Remain calm and reassuring

- Children will react to and follow your verbal and nonverbal reactions
- If true, emphasize to your children that they and your family are fine
- Remind them that you and the adults at their school are there to keep them safe and healthy
- Let your children talk about their feelings and help re-frame their concerns into the appropriate perspective

#### Make yourself available

- Children may need extra attention from you and may want to talk about their concerns, fears and questions
- It is important that they know they have someone who will listen to them and make time for them, tell them you love them and give them plenty of affection

#### Monitor television viewing and social media

- Limit television viewing or access to information online and through social media
- Try to avoid watching or listening to information that might be upsetting when your children are present
- Speak to your child about how many stories about COVID-19 on the internet may be based on rumours and inaccurate information
- Constantly watching updates on the status of COVID-19 can increase anxiety – **avoid this**
- Engage your child in games or other interesting activities instead

#### Be Honest and Accurate

- In the absence of factual information, children often imagine situations far worse than reality
- Do not ignore their concerns, but rather explain that at the present moment very few people in this country are sick with COVID-19
- For additional factual information visit the Government of Canada's Public Health website: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html#a1>

#### Review and model good hygiene and healthy lifestyle practices

- Encourage your child to practice good hygiene every day – simple steps to prevent the spread of illness
- Wash hands multiple times a day for at least 20 seconds (singing Twinkle Twinkle Little Star slowly takes about 20 seconds)
- Encourage your child to eat a balanced diet, get enough sleep, and exercise regularly; this will help them develop a strong immune system to fight off illness

Please remember that we are here to support our families. Park West School Division Student Services Department offers a wide variety of services. Please Call Bonnie Kiliwnik, Director of Student Services at 204-847-0113 or your local school.