



Endless Discoveries

PARENT NEWSLETTER

GLEN ROSE

APRIL 2020



Talking to Children about COVID-19

During a time that is changing more than ever, it is imperative that the adults surrounding children are open to discussing this pandemic. As the COVID-19 virus spreads, it is changing the daily routines for many families. Children are feeling the weight of this pandemic more than we know. They are beginning to wonder about what is happening in their town, and amongst their family. As adults, we do not have all the answers to their questions, but it is our job to offer honest, and age-appropriate information.

How Do We Prepare for These Conversations?

- Be aware of your own fears and anxiety. Children can sense when we are battling our internal struggles. Find a calm, reassuring perspective.
- Remind children that they are cared for by family, friends, and teachers.
- Limit their exposure to repeated media coverage; this can produce anxiety in children.
- Maintain as normal of a routine as possible.

Discussing COVID-19 & Answering Questions

First, it is important to become as informed as possible. While you will not have all of the answers, it is best if we generally understand what is going on with COVID-19.

- Do not overload the children; use simple responses and explanations.
- Discuss healthy hygiene practices and why you are doing them as a family (hand washing, covering your mouth, staying home).
- Discuss social distancing with your child. Find a physical measure they can use to visualize the 6 ft of distance to use as a barometer.
- Talk about the symptoms of COVID-19. Discuss the impact on elderly people, and this illness is harder for them to cope with. (Some people get sicker than others do, but the doctors and nurses are doing all that they can to take care of them).
- Discuss what their day will look like if they have to remain at home.



Teacher of the Month: Mrs. Julie



Mrs. Julie is our Assistant Infant Teacher here at Endless Discoveries. With all of the daily changes we have been thrown this season, Mrs. Julie rolls with punches and has been happy to help wherever she is needed. Her flexibility shines through her hard work. She invests herself everywhere she is planted here at EDCDC. We are lucky to have her on our team!

February Birthdays

- Benny L. - April 5
- Rowan G. - April 20
- Elijah C. - April 20
- Ashlynn F. - April 21

Events this Month

- April Fool's Day - April 1
- Easter - April 12
- Earth Day - April 22