

Helping Kids Understand Their Socially Distanced Lives During The Coronavirus

The COVID-19 pandemic has had a profound impact on the lives of children around the world. With schools closed, playgrounds empty, and social distancing measures in place, many children are feeling isolated, confused, and anxious. This book provides parents and educators with the tools they need to help children understand their socially distanced lives and cope with the challenges they are facing.

The Impact of Social Distancing on Children

Social distancing measures are essential to slowing the spread of the coronavirus, but they can also have a negative impact on children's mental health. Children need social interaction to develop their cognitive, emotional, and social skills. When they are isolated from their friends and peers, they may experience feelings of loneliness, boredom, and anxiety.



I'm Safer at Home: Helping kids understand their socially distanced lives during the coronavirus crisis

by Jordana Landsman

★★★★☆ 4.7 out of 5

Language : English

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Screen Reader : Supported

Print length : 46 pages

Lending : Enabled

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Social distancing can also make it difficult for children to learn. When they are not able to interact with their teachers and classmates in person, they may fall behind in their studies. They may also miss out on important social experiences, such as extracurricular activities and field trips.

How to Help Children Cope with Social Distancing

There are a number of things that parents and educators can do to help children cope with social distancing. Here are a few tips:

- **Talk to children about social distancing.** Explain to them why it is important to stay away from other people and what they can do to protect themselves and others. Answer their questions honestly and patiently.
- **Create a routine.** Children thrive on routine, so it is important to create a regular schedule for them during social distancing. This will help them feel more secure and less anxious.
- **Encourage children to stay active.** Exercise is a great way to reduce stress and improve mood. Encourage children to get outside and play, or to do indoor activities such as yoga or dancing.
- **Provide children with opportunities to connect with others.** Even though they may not be able to see their friends and classmates in person, children can still stay connected through video calls, social media, and other online platforms.
- **Seek professional help if needed.** If you are concerned about your child's mental health, do not hesitate to seek professional help. A therapist can help your child to cope with the challenges of social distancing and develop healthy coping mechanisms.

Social distancing is a necessary measure to slow the spread of the coronavirus, but it can also be a difficult experience for children. By following these tips, parents and educators can help children understand their socially distanced lives and cope with the challenges they are facing.



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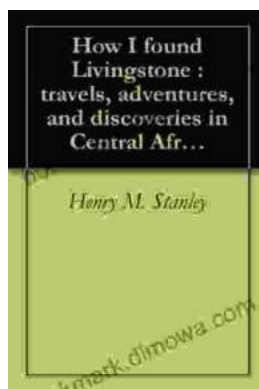
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