

# SOCIAL DISTANCING DOES NOT MEAN EMOTIONAL DISTANCING

Social distancing can be stressful for you and your little one. Positive engagement with your child while sheltering in place can help them cope.

## ACTIVITIES

- Make cards, artwork or drawings
- Connect with your friends and family by Zoom, FaceTime or Skype
- Take photos of what you are doing and share with friends and family
- Read a favorite book
- Do some indoor exercise:
  - Cosmic Kids Yoga - [www.cosmickids.com](http://www.cosmickids.com) videos with kid-friendly themed yoga
- Go for a walk
- Play games in the backyard
- Plan an Ispy game or a scavenger hunt
- Have a backyard picnic



## EDUCATION

- Do activities - color, puzzles, read, learn, sing, dance, play music

Check out resources:

- PBS Kids - online resources, email activities
- Education.com - [www.education.com](http://www.education.com)
- Vroom App - [www.vroom.org](http://www.vroom.org)
- Highlights Magazine - [www.highlights.com](http://www.highlights.com)
- American Academy of Pediatrics - [www.healthychildren.org](http://www.healthychildren.org)
- LA Times Article:
  - <https://www.latimes.com/lifestyle/story/2020-03-17/coronavirus-quarantine-school-resources-for-parents-kids-under-5>
- Zero to Three:
  - <https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>



# SOCIAL DISTANCING HELPS REDUCE TRANSMISSION OF COVID-19

Avoid large groups. Wash your hands and your child's hands often.

If possible, do not take your child with you to public spaces.

## TIPS FOR PARENTS

- Set up and follow a schedule
- Get accurate information
- Take care of yourself
- Be affectionate and nurturing
- Model calm behavior
- Join positive social media groups

## Sample Schedule

8:00 Wake Up & Breakfast  
9:00 Learning or Reading  
9:30 Play, Music or Activity  
10:00 Walk  
11:00 Snack  
11:30 Nap  
1:00 Lunch  
2:00 Storytime/Cartoons  
2:30 Relax  
3:30 Snack  
4:00 Play or Activity  
6:00 Dinner  
6:30 Reading  
7:15 Get ready for bed  
8:00 Bedtime



## RESOURCES

- New Mexico Kids - [www.newmexicokids.org](http://www.newmexicokids.org)
- NM Crisis Access Line: 1-855-NMCRISIS (1-855-662-7474) or download NMConnect app
- Kids Health - [www.kidshealth.org](http://www.kidshealth.org)
- Talking with Kids about COVID-19:
  - [https://www.michigan.gov/documents/coronavirus/Talking\\_with\\_kids\\_about\\_COVID\\_FINAL\\_684649\\_7.pdf](https://www.michigan.gov/documents/coronavirus/Talking_with_kids_about_COVID_FINAL_684649_7.pdf)
- Family Vacation Critic:
  - <https://www.familyvacationcritic.com/things-to-do-at-home-with-kids-during-coronavirus-outbreak/art/>
- Mile High Mamas:
  - <https://www.milehighmamas.com/blog/2020/03/17/125-ideas-for-online-learning-and-fun-for-kids-of-all-ages/>

## Virtual Tours

- ABQ BioPark - videos and activities via email and social media
- Museums, Art, Culture around the World: <https://artsandculture.google.com/>
- Georgia Aquarium: <https://www.georgiaaquarium.org/webcam/ocean-voyager/>
- National Museum of Natural History: <https://naturalhistory.si.edu/visit/virtual-tour>



Redefining Health for Kids and Teens

[WWW.NMASBHC.ORG](http://WWW.NMASBHC.ORG)

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