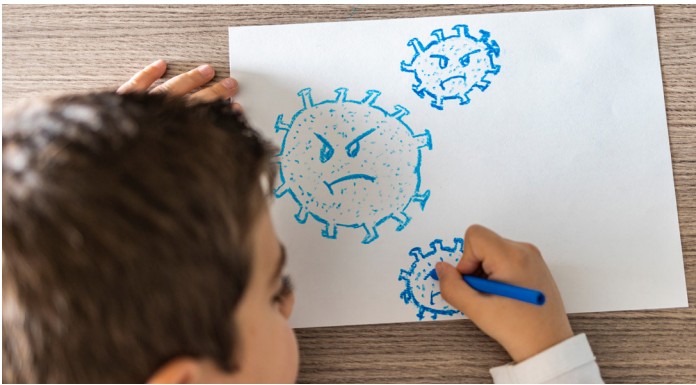


Talking to Children about Covid-19

The pandemic has caused many changes in our daily lives. Your child may be confused, worried, or scared by what they hear from media, friends, or overhearing adult conversations. It's important to talk with your child, so you can answer their questions and make sure they have age-appropriate information. Here are some tips:

Talk to your child and ask what they already know or have questions about. This helps you understand what might be on their mind and what information you should share. You can ask questions like, "What have you heard about the coronavirus?" and "What questions do you have about it?"



Ask your child about their feelings. Children may not be very concerned about Covid-19 or may have many worries. A child's active imagination can cause them to have unnecessary anxiety in uncertain or stressful times. You can find out what they may be thinking by asking open-ended questions like "What are your biggest worries right now?" and "How do you feel when you see your friends and teachers in masks?"



Help your child feel safe and offer comfort. Answer your child's questions calmly and truthfully, but also provide comfort. Remind them of all the things you are doing to keep them safe and healthy, like washing hands and wearing masks.

Keep checking in. Talk with your child often about how the pandemic may affect their lives and answer their questions. You can use Covid-19 to help your child learn about their bodies and how the immune system fights germs.

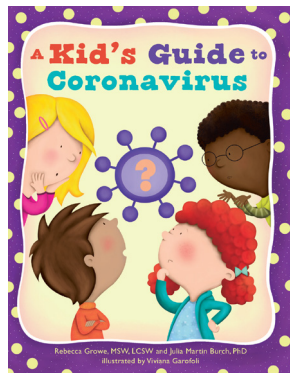


Resources from Sesame Street

[How to explain Covid-19](#)

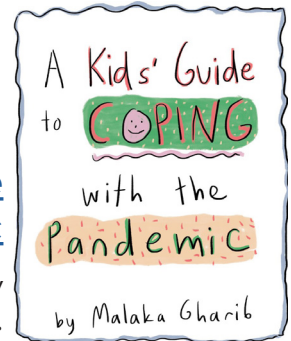
[Talking to Children about Covid-19](#)

Resources for Helping Your Child Understand and Cope with Covid-19



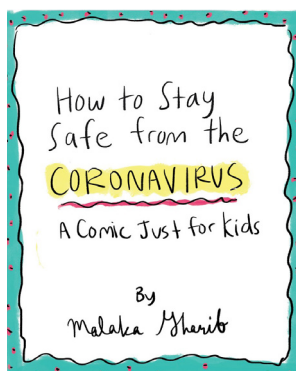
[A Kid's Guide to Coronavirus](#)

By Rebecca Grove and Julia Martin Burch, Illustrated by Viviana Garofoli. A free ebook, available in Spanish and several other languages



[Comic: A Kids' Guide To Coping With The Pandemic](#)

A free online and printable zine from NPR's Deputy Digital Editor and Digital Strategist, Malaka Gharib.



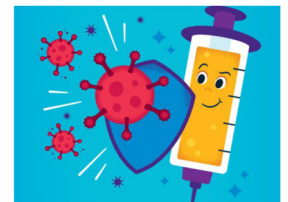
[A Comic Just For Kids: How To Stay Safe From The Coronavirus](#)

A free online and printable zine from NPR's Deputy Digital Editor and Digital Strategist, Malaka Gharib.

[Learn about the Coronavirus Coloring Book and COVID-19 Vaccines Coloring Book](#)

Free downloads from St Jude Children's Hospital. Available in Spanish.

A ST. JUDE KIDS COLORING BOOK:
COVID-19 Vaccines



Quarantine Guidance Changes for Oregon Child Care

Beginning March 12, 2022, the Oregon Health Authority (OHA) will pause the quarantine requirement for individuals exposed to COVID-19 in child care and K-12 settings. Staff and children who are ill with COVID-like symptoms or test positive must be excluded from child care and isolate at home for 5 days. They may then return when symptoms are improving and they have been fever-free for 24 hours. When returning to care, staff and children 2 years and older should wear a well-fitting mask in child care and public settings for an additional 5 days after their isolation is completed.

Frequently Asked Questions about Covid-19 in child care are posted on the Early Learning Division's [For Providers](#) and [For Families](#) web pages.

**Face Masks + Vaccines +
Other Prevention Measures =
More Protection**



**Cubre bocas + Vacunas +
Otras Medidas de Prevención =
Más Protección**

www.co.benton.or.us/covid19
Info: 541-766-6120



COVID-19 vaccines are now available to everyone age 5 and older, [Click here](#) to find a vaccine location near you

Becoming an In-Home Child Care Provider

Are you interested in staying home with your own children and making a little money? Are you already caring for a friend's child? Did you know that you have a resource available to you?



Family Connections, the Child Care Resource and Referral of Linn, Benton & Lincoln Counties, is here to assist, answer questions, and get you connected to resources. Specialists can answer questions about types of care, whether or not you need to be licensed, and how to get started.

Things to consider before starting care

- What part of the space is available for child care?
- How will I balance time for my business and my family?
- Do I have access to a variety of toys and supplies for all the ages of children in care?
- What safety measures do I need to have in place?
- What hours am I available? Does this match the needs of the family?
- Do I need to keep records for taxes?

We can help you avoid common beginner's pitfalls, find training, answer questions about working with families and handling different behaviors, as well as setting up your business. We want you to be successful!

Give Family Connections
a call at 541.917.4899
or reach out by email:
connect@linnbenton.edu



 [Pollywog Facebook](#)

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