

# How to help kids during COVID-19

*See more at [cdc.gov](https://www.cdc.gov). Check in with your local and state updates to stay informed on any precautions you may need to take during this time.*

## Stay at home.

Create special activities and memories at home, post graphics of proper hand-washing, create different environments in your home, etc.

*Unless you're going out for food, medicines or other essentials.*



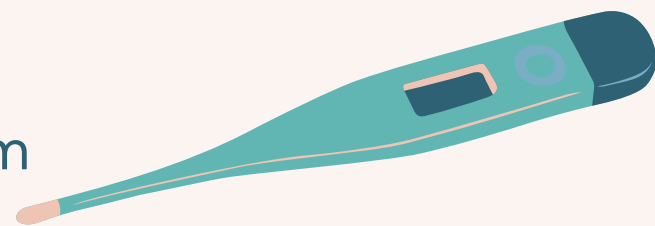
## Cleaning with your kids.

Make it a chore, or do this with them. Show them what it looks like to wipe down germs and talk to them about the importance of doing this.



## Practice new habits.

Work on taking your temperature two times a day, taking vitamins, wearing masks in the house for practice, and more. Get them their own bottle of hand sanitizer to make it special..



## Practice putting masks on.

Walk around with the masks on in the house to prepare for school use. Have them put masks on their dolls, stuffed animals, etc. to normalize the new behavior.



## Practice social distancing.

Try to practice 6 feet apart standards by playing things like grocery store. Start making personal space more important.



## Keep a routine.

Set a schedule to make getting through the day easier and more structured. Make time for play, education, and rest.



## Work on boundaries.

Get comfortable with checking in with each other on your emotions. Try to talk about each others' limits, your expectations as a parent, and let them spend some alone time if needed.

