

Aloha Tūtū and Me ‘Ōhana,

We hope this letter finds you safe and well in spite of all that is occurring with this global COVID-19 pandemic. It is a natural response to feel stressed, anxious or scared.

While there are some things that are beyond our control, we can take action by caring for our physical, mental, and emotional well-being. Practicing self-care routines allows us to remain healthy and enables us to care for our ‘ohana, especially our keiki.

With the closure of schools and requirement of social distancing, be aware of how troubling this may be for your keiki.

Keiki are often seeing and hearing the news on the television, radio, internet or in the newspaper. Keiki also sense tension and anxiety given off from their loved ones around them. You can support keiki with reducing their anxiety about COVID-19 by incorporating Dr. Sabrina Stutz’s *Seven Things Parents Can Do*.

We wish you and your ‘ohana well!

Me ke aloha pumehana,

*The Staff of Tūtū and Me Traveling Preschool
Partners in Development Foundation*

Remember:

“Caregivers who show good coping skills can help reassure keiki that they are safe.”

What Can You Do To Help Reduce Keiki Anxiety From COVID-19?

Children’s pediatric psychologist Dr. Sabrina Stutz offers seven things parents can do to help reduce their children’s anxiety about COVID-19. Visit blog.chocchildrens.org for more information.

1. Meet children’s concerns with validation and compassion. Validate their fears by saying, “It can be frightening when a new illness comes around that we don’t know everything about.”
2. Stick to developmentally appropriate facts. Answer questions with brief explanations, such as “COVID-19 is a new type of illness. We can keep healthy by washing our hands.”
3. Reassure children by empowering them. Include children in family preparations, such as creating a family schedule to enjoy spending time together.
4. Look for children-friendly methods, such as learning about hand-washing and other preventative measures fun (See Up-cycled T-Shirt Face Mask on page 2).
5. Emphasize kindness. It is helpful to teach children to be kind to all people. Assist your child in making a thank you card for an essential worker who you may know.
6. Remember to model positive behavior. Adults should model self-care behaviors, such as maintaining a healthy sleep schedule, eating healthy, practicing hand hygiene and cough etiquette.
7. Watch for behavior changes. Children show stress in different ways such as, changes in their sleep, appetite, and emotions. Remember to reach out to your child’s healthcare provider for additional support.

Self-Care in the Era of COVID-19

Pause & Reset

Here are some tips and for self-care provided by Dyane Lewis Carrere M.Ed., the author of **The Re-Set Process: Trauma Informed Behavior Strategies (Coming Fall 2020)**.

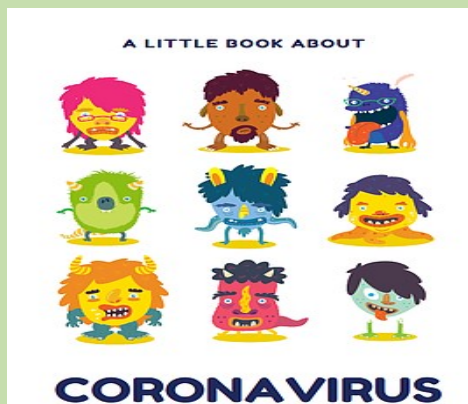
- Do a large, patterned, repetitive movement (some ideas: 10 lunges, 10 marches in place, 10 wall push-ups, 10 big arm circles, 10 big arm stretches, 10 chair-push-ups).
- Transition to a more controlled movement (some ideas: smaller arm circles, holding a standing yoga position, pull yourself up on your toes and hold it to a count of 10).
- Tune into one of your senses. Perhaps pick up an object and see what you notice about it- its weight, its texture, its colors, its smell. Or pay attention to what you are hearing or smelling or seeing for just 20 – 30 seconds.
- Take a breath and then exhale long and slow. Do this three times emphasizing the exhale.
- Do a simple mental task (some ideas: how many different words can you think of for bodies of water, skip count by fours, think of six words you know in a different language).
- Re-focus on what you might need to next. Identify the first step and...go!

Free Download For Keiki

A Little Book About CORONAVIRUS

Presented By: Vibrant Hawaii

To help our keiki understand why life changed



Download your free copy here:

<https://www.vibranthawaii.org/keiki>

Up-Cycled T-Shirt Face Mask



Step 1- Cut off sleeve.



Step 2- Cut off hem and cut into two pieces.



Step 3- Lay sleeve flat and thread a hem strip on each side.



Step 4- Cinch end, fit to face and knot to make ear loop.



Step 5- Wear narrower, finished end of sleeve on top of your nose.

Use of a face mask

- **Not recommended** for keiki under 1yrs old
- **Not required** for keiki 5yrs old & below

Daily Visual Schedules

During this time, your keiki's daily schedule and routines are most likely not what they were during the school year. For example, with your keiki no longer going to Tūtū and Me site twice a week, this may cause difficulties with your keiki's virtual learning (Tūtū& Me Time on Zoom).

Visual schedules are useful to help your keiki understand and manage his/her daily events by knowing what comes next.

A visual schedule is a group of pictures that represent major transitions and activities your keiki will be involved in daily.

