

Talking with Hospitalized and Isolated Children being Tested for Covid-19

**Please Note: This verbiage and handout is intended to be reviewed by parents, caregivers, and healthcare workers and then adapted for each individual child based on their development and situation. It is meant for use with a child who has been identified as a PUI (person under investigation for Covid-19).*

1. Explain what is happening at the patient's developmental level*

"You might be in the hospital for several reasons (discuss symptoms/criteria if appropriate). One of the things we're wondering about and testing for is called Covid-19. You might've heard of it from your family, friends, school or even the news."

"COVID-19 (sometimes called Coronavirus) is a new illness that can be spread by germs. It sometimes seems like a cold, the flu, or other similar illnesses which is why we are testing to find out why you're sick."

"We will take a small cotton swab or q-tip and rub the deep inside of each nostril. It is a bit uncomfortable but we will be gentle. It is important to stay still to make it go faster and easier."

"Our staff is wearing special gear to help keep everyone safe by preventing the spread of these germs."

"You can help us by washing your hands, covering your nose and mouth when you cough or sneeze, and staying in your room."

**For younger children, remind them that they are safe. Everyone is here to help them. Avoid saying "you're okay" or "don't worry." Instead validate their feelings. Try distraction during nasal swab and vitals (bubbles, singing, counting, electronics, toys, etc.). Model on their stuffed animal or doll first.*



2. Keep things as normal as possible.

(As a reminder, during this time we have no volunteers, programming, or community visitors in the hospital) Although we are limiting staff and family contact as well as materials, there are still things that we can bring you. We have non-reusable toys and activities that we are preparing for isolated patients. We can still provide some items that can be properly disinfected. See back side for recommended virtual activities. If a patient needs access to a device, please let someone from our team know and we will provide a donated Kindle when appropriate.

Please ask if there is something that would bring comfort and joy to your patients and families during this difficult time! Due to our current staffing, please PAGE 21-PLAY for assistance.

The Child Life, Creative Arts Therapies, and Education Department

Online Resources and References

Center for Disease Control : <https://www.cdc.gov/coronavirus/2019-ncov/prepare/index.html>

MindHeart COVID-19 PDF Book for Children : <https://www.mindheart.co/descargables>

CNN What I'm Telling My Kids About COVID-19 : <https://www.cnn.com/2020/03/16/opinions/telling-my-kids-about-coronavirus-bolduan/index.html>

How to Talk to Your Kids About Coronavirus (Daniel Tiger) <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR2v36fPiJJX6fh6iT5uxXzqQpFsZqYE8o9i22OGxGwBNbqGmd1-19Qw#.XnJLIL05rCg.facebook>

Talking to Children about the New Coronavirus Disease <https://www.chop.edu/news/health-tip/talking-children-about-new-coronavirus-disease-covid-19?fbclid=IwAR2pwidzdsQNaZmBpdQfPPJmtGvMGO3X2GPiWa1S7tdmraBMQdOl007UzQ>

Coronavirus Video for School Aged Children <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

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Resources for Coping & Distraction

While Isolated in the Hospital (or at Home)

**Please Note: These resources are intended to be used by parents and caregivers with their children in addition to typical play based activities such as books, puzzles, board games, cooking, walks, movies, etc.*

Educational

Youtube Kids

- Kids Learning Tube
- Free School
- Homeschool Pop
- StoryBots
- Smithsonian Channel
- The Brain Scoop
- World World PBS
- TED-Ed
- National Geographic Kids
- Peekaboo Kidz

Websites

- Starfall.com
- MysteryScience.com
- Readingworks.org
- STMath.com
- Abcya.com
- Xtramath.org
- Zearn.org

Podcasts

- Brains On
- Six Minutes
- But Why: A Podcast for Curious Kids
- Circle Round
- Smash Boom Best
- Wow in the World
- Eleanor Amplified
- Ear Snacks
- KidNuz

Mindfulness, Movement, and Relaxation

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| <ul style="list-style-type: none"> • Gonoodle.com • Planet Fitness - offering free 20 minute classes via their Facebook page at 7pm • 305 Fitness Youtube 11pm free live workouts | <ul style="list-style-type: none"> • Breathe, Think, Do with Sesame Street App • Calm Meditation App • Core Power Yoga Keep Up Your Practice: https://www.corepoweryogaondemand.com/keep-up-your-practice | <ul style="list-style-type: none"> • Cosmic Kids Yoga: https://www.youtube.com/user/cosmickidsyoga |
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Adventure and Entertainment

Youtube Kids

- Storyline Online
- Story Time with Ms. Becky
- KidTimeStoryTime -The Cininatti Zoo & Botanical Gardens
- Fun Family Florida

Podcasts

- The Two Princes
- Story Pirates

Online

- Search your favorite artist, many are doing online concerts
- Some new movies will be live streaming

- Adventures in Family Hood: <https://adventuresinfamilyhood.com>
- Georgia Aquarium Livestream of Exhibits <https://www.georgiaaquarium.org/webcam/ocean-voyager/>
- Kohls Children's Museum Home Zone