




PROF KOBUS MAREE



# INFORMING CHILDREN ABOUT AND PROTECTING THEM AGAINST CORONA VIRUS

## PROTECT CHILDREN

<b>Provide</b>	Provide children with a safe space – a 'holding environment'.
<b>Stay</b>	Stay calm and in control of the situation.
<b>Structure</b>	Structure days at home: establish and maintain a routine.
<b>Give</b>	Give them basic, factual information about COVID-19.
<b>Do not flood</b>	Do not flood them with information.
<b>Contact</b>	Contact other parents and establish a support/discussion group.
<b>Use</b>	Use the period of confinement to strengthen family bonds.

# DISCUSS THE BASICS OF COMPASSION AND EMOTIONAL-SOCIALLY INTELLIGENT BEHAVIOUR



Expressing oneself in an appropriate manner (verbally and non-verbally).

Managing one's stress: seeing and accepting the situation as it really is.

Emphasise the importance of social responsibility: We ALL have to sacrifice individual 'rights' and 'privileges' in the interests of the community at large.

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# A SIMPLE HINT

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"If you see a person without a smile, give them yours" (Dolly Parton).

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# CONTROL THE 'CONTROLLABLES'

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Do only what you can do, and do the basic things right.

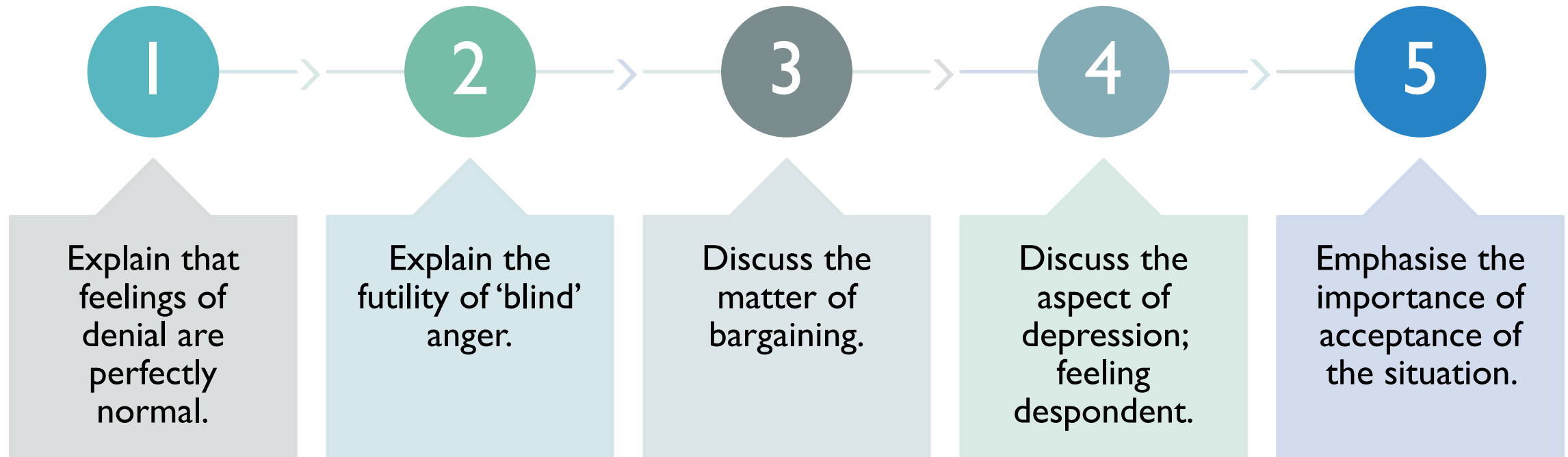
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# EXPLAIN THE PHASES OF GRIEF

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What is happening currently is  
traumatic/grievous.

## EXPLAIN THE PHASES OF GRIEF



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# CONCLUDING COMMENTS

- We all have already survived so many crises in life ...
- We will work our way through this coronavirus crises, too.
- Convert our current feelings of 'despair', hopelessness, fear, etc., into hope and social contributions.
- And become better people as a result.





**All the very best.**

# REFERENCES

Neimeyer, R.A. (2012). From stage follower to stage manager: Contemporary directions in bereavement care. In K. J. Doka & A. S. Tucci (Eds.), *Beyond Kübler Ross: New perspectives on death, dying and grief* (pp. 129-150). Washington, DC: Hospice Foundation of America.

Winnicott, D.W. (1964). *The child, the family and the outside world*. Cambridge, MA: Perseus.

## Useful websites

<https://www.health.harvard.edu/diseases-and-conditions/coronavirus-resource-center>

<https://kidshealth.org/en/parents/coronavirus-questions-answers.html?WT.ac=p-ra>