Even though, these are challenging times, children still need to be supervised, to have routines and limits.

• Maintain good sleeping habits, eat at regular hours, and stay active on a daily basis.
• Prepare a schedule with the children and post it. Here are some ideas for activities, to take a break from TV and video games: board games, reading, household chores, cooking together, active physical games, learning activities (writing stories, multiplication competitions etc.)
• Keep in touch with friends, through social media, the phone, and other applications. Don’t forget grandparents, cousins and other family members. Staying in touch is good for both young and.
• If you have internet access, go online, you will find plenty of ideas.
• Keep an eye on your reactions. Children need your presence, your time and your affection, just like in normal times and even more now. It is important to help them feel secure, to reassure them and accompany them on this adventure.

How to talk to children about the situation

• Explain the situation to children using words that are age appropriate. Answer their questions as they come up and tell them not to hesitate to ask them.
• Reassure them. They need to feel safe and to know that you will take care of them.
• Tell them their emotions are normal.
• If possible, do not listen to news broadcasts with children. They may misunderstand what they see and hear and create fears for themselves.
• The Ministry of Health and Social Services has published a document on this topic, entitled: Mon enfant est inquiet en raison de la pandémie (in French only). You can find it on their website.
ADJUSTING TO MEASURES USED TO FIGHT COVID-19

SOCIAL DISTANCING, A SITUATION THAT REQUIRES SOME ADJUSTING TO...

We are all going through a period of time where we should keep a safe distance between one another and stay home, this is what we call social distancing. This physical distancing is necessary to save lives and help better help those who are sick. For most of us, this is a major change. Therefore, it is important to take care of ourselves and others. Even if we are far away physically, we should remain connected and help one another.

Remain positive: Every action counts, whether you are staying home, entertaining your children or inquiring about your loved ones. We should respect the guidelines of public health in order to protect those who are most vulnerable and to save lives.

THINK DIFFERENTLY...

Our realities are different, depending on whether we live alone, in a couple or a family.

The idea of having to stay home might seem like a lot. So why not take advantage of this imposed break to do the things you’ve never had the time to do and that don’t cost a thing, like: rearranging your drawers, cleaning up your pantry, sorting your clothes (too old, too small) making a photo album, etc. If you have kids, get them involved.

• Choose a specific activity every day.
• Phone someone close to you and check in on them.
• Accept that we have little control over this situation, and that by staying at home we help reduce the risks to our health and that of our loved ones.

SPOT THE SIGNS OF DISTRESS

Anxiety, anger or sadness may take up a lot of space. Everyone reacts to stress differently, for example.

• Lack of sleep. Not being able to relax.
• Crying often and being worried.
• Wanting to be alone most of the time.
• Blaming others.
• Having difficulty communicating. Asking others to repeat, because we can’t understand.
• Having difficulty accepting or giving help. No longer being able to take care of children, to help friends or family.
• Not being able to have fun.

If you or someone close to you is finding it difficult to cope, ask for help. Here are some services that can help:

• Health line or Info-Santé 8-1-1
• Suicide Action Montréal 1-866-277-3553
• You can also call 2-1-1 and they will redirect your call.

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This information may change as the situation evolves.