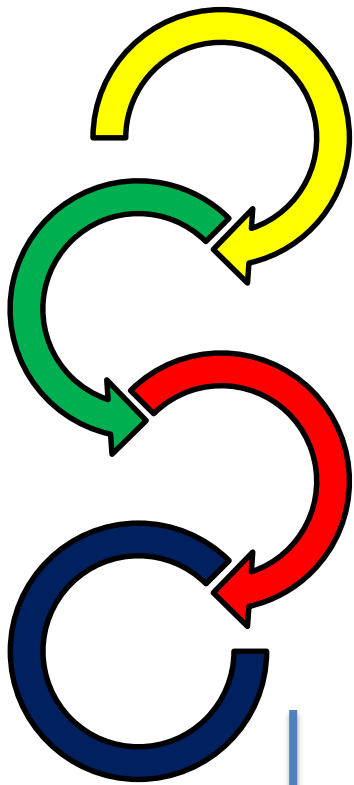


Guidelines for Supporting **Your child**



This guide is to help you through the COVID-19 outbreak:

Section 1:

Emotional Wellbeing & Routine

Section 2:

Social Stories

- 1. About Covid-19**
- 2. In MY Control**
- 3. My Normal Routine has Changed**
- 4. Going to the Test Centre**
- 5. Getting the COVID-19 Test done**
- 6. Getting the Test done: Drive-Through**

Section 3:

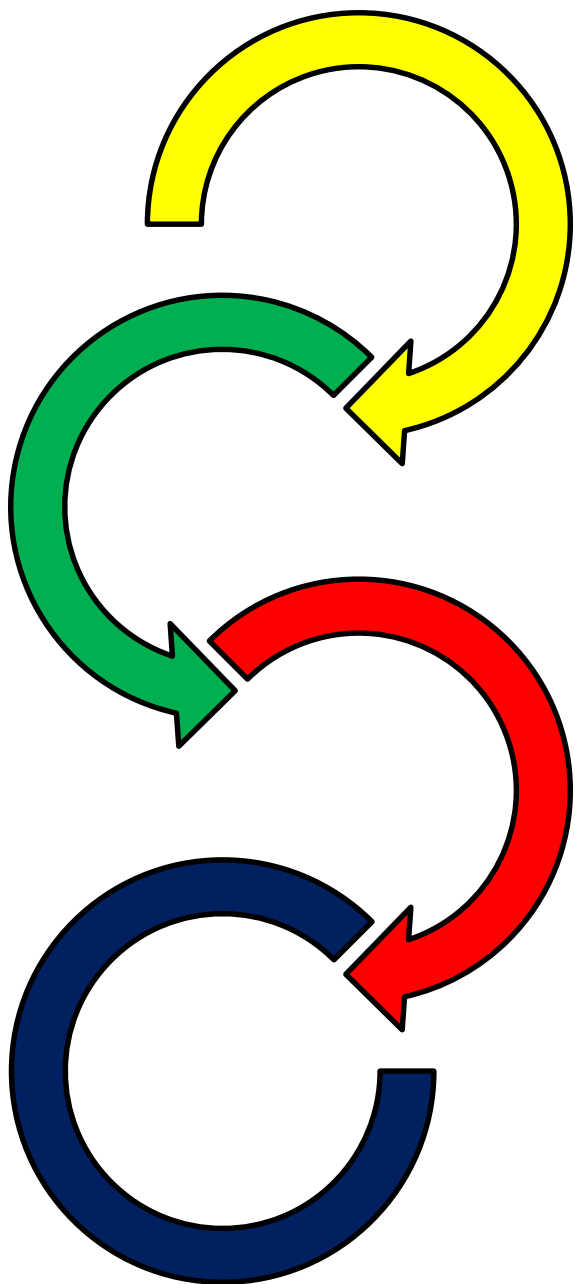
Activities

Section 4:

**Desensitisation programme,
preparing for COVID-19 testing**

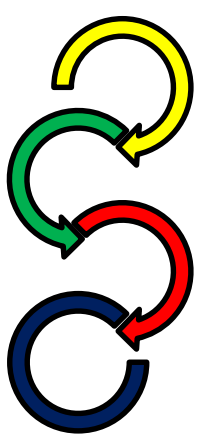
Section 5:

**Managing anxieties and
Supports**



Section 1:

**Emotional
Wellbeing &
Routine**



Section 1: Emotional Wellbeing & Routine

As much as is possible try to support your child to keep to normal waking and sleeping hours. Try to maintain a routine and follow this set pattern every day - predictability is reassuring, especially at times of upheaval and change.

1. Morning time:

Usual routines for showering and dressing.

2. Plan out the day

After breakfast, sit down with your child and plan for the day together.

- This can be supported by use of pictures
- This can be supported by talking things through

- ✓ Go through the SOCIAL STORY – In MY control (hand hygiene, cough etiquette, social distancing)
- ✓ Go through steps of DESENSITISATION PROGRAMME– should testing be required in coming weeks this will help your child to be more likely to tolerate it.
- ✓ See ACTIVITY SECTION OF PACK for ideas

3. Visual schedule

This can work well, or be adapted to what suits your child i.e. fill in a calendar, written schedule or objects of reference.

Helps everyone understand what is happening in that day

NB= each activity begins and ends with Hand Hygiene

4. Social connectedness

Family links and connections are so important. They may feel social isolated from loved ones like grandparents or school friends.

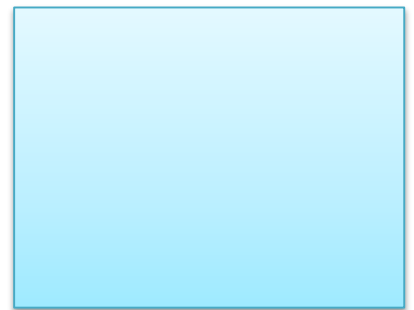
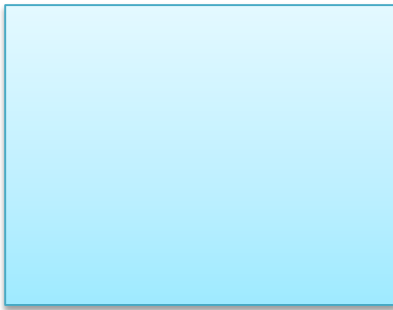
Having visual face-to-face contact will be important.

Facetime / Whatsapp / Skype etc

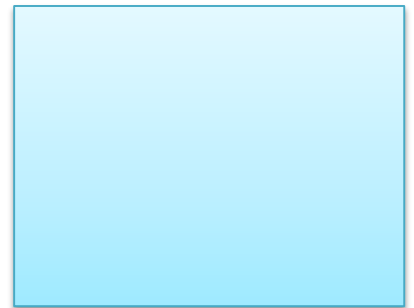
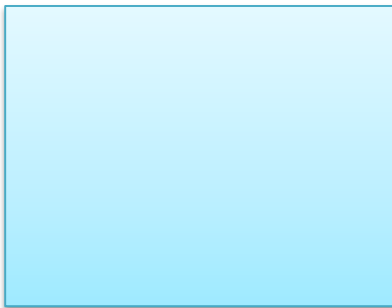
Morning

Planning activities, building in choices.
Remind of social story –
In MY control (hand hygiene, cough
etiquette, social distancing etc)

First..... Then



First..... Then

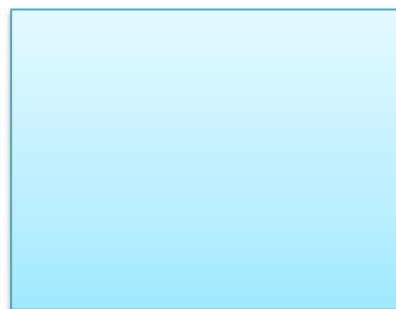
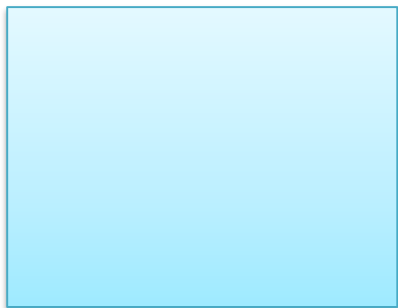


Lunch
Healthy Eating

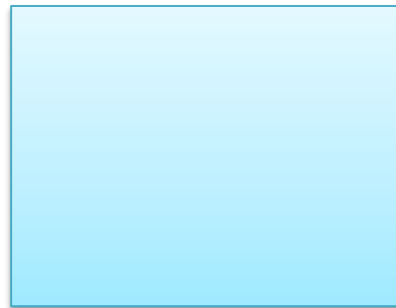
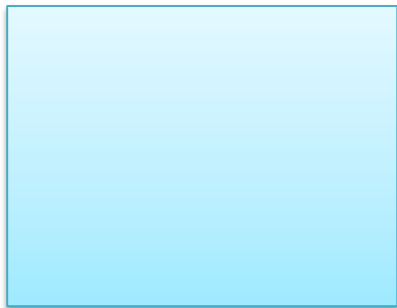
Afternoon

Try to get outside every day
Keep social distancing rules but
walks, drives, sunlight, parks, lakes
part of the activity list

First..... Then



First..... Then



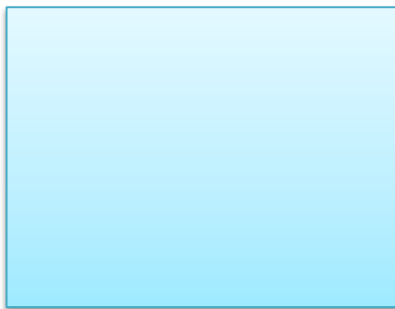
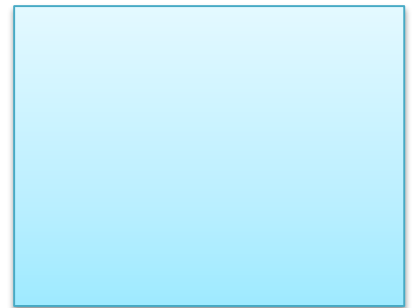
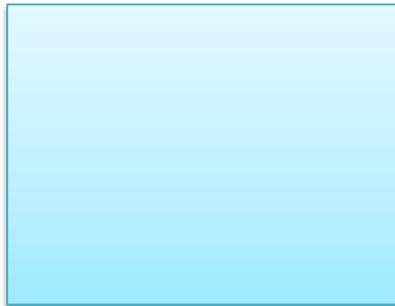
Dinner time
Healthy Eating

Evening

Family links and connections are so important. Your child may **feel socially isolated** from loved ones.

Seeing faces will be important:
Facetime / Whatsapp / Skype

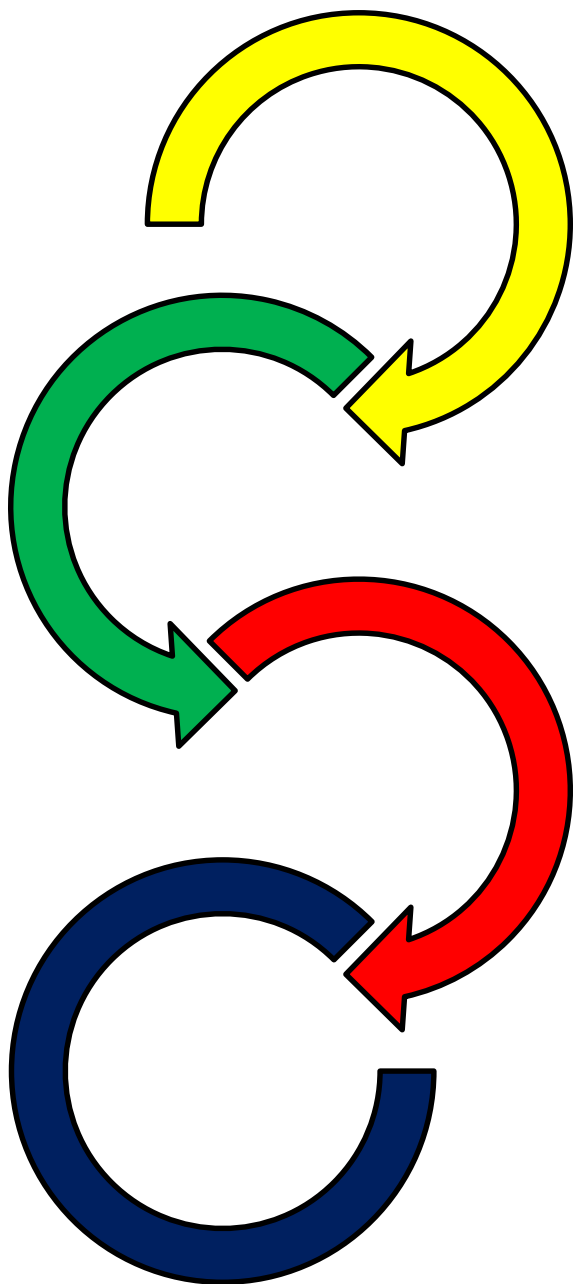
First..... **Then**



Good sleep hygiene:

Avoid screens for 30 mins before bedtime.

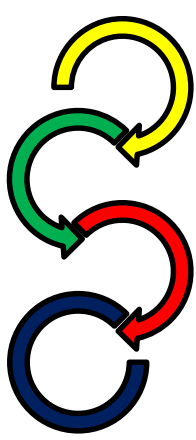
Manage exposure to news, if this becomes a source of anxiety
Normal night time routine



Section 2:

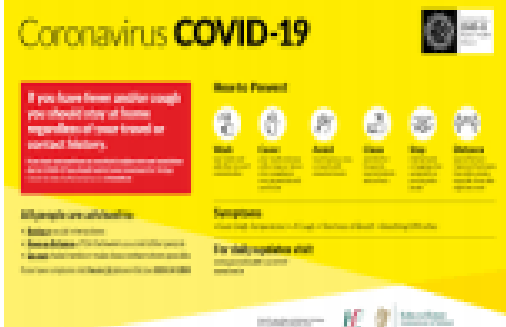
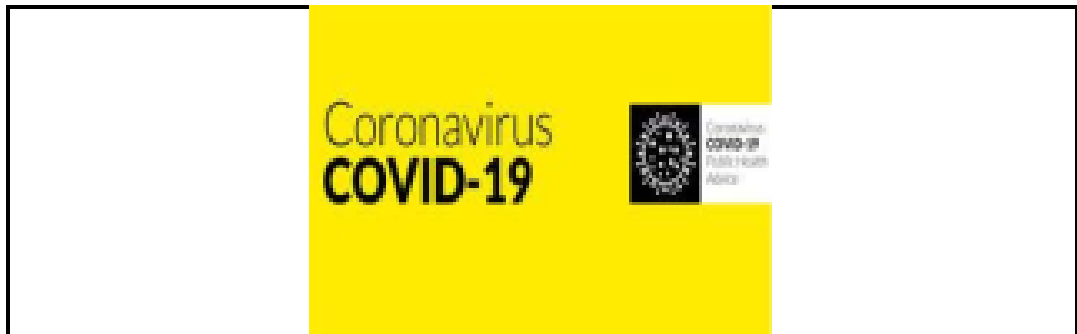
Social Stories About COVID-19

1. About Covid-19
2. In MY Control
3. My Normal Routine has Changed
4. Going to the Test Centre
5. Getting the COVID-19 Test done
6. Getting the Test done: Drive-Through



Section 2: Social Stories

About Covid-19



Coronavirus COVID-19

If you have fever and/or cough you should stay at home regardless of your travel or contact history.

How to prevent

- Wash
- Cover
- Avoid
- Wash
- Stay
- Distance

Symptoms

For daily updates visit

People are talking about the Coronavirus.

Coronavirus can be called 'Covid19'

There are yellow signs in shops and on T.V.



Covid-19 is a new type of flu.

A flu can make you feel very sick, but it is OK, you will feel better again

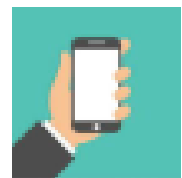
My mum or dad will check my temperature.

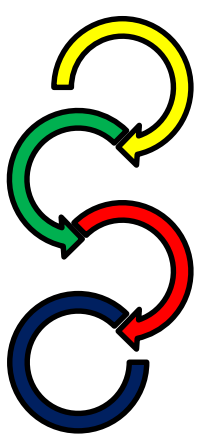
They will also check if I have a cough, or other signs



My mum or dad will talk with my Doctor, if they are worried that I have the virus.

I can read the social story for **'getting tested'** if the doctor thinks I should have a test to see if I have the virus





Section 2: Social Stories

Just like other types of flu, the coronavirus will go away soon.

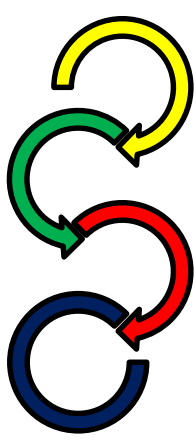
I don't need to feel worried, but if I do I can talk to my mum or dad.



I will keep safe.

On the next page are **things that I can do**





Section 2:

Social Stories

In MY Control

I will try to: 



I can keep safe by:

- Washing my hands with soap and warm water



I can keep safe by:

- If I cough or sneeze, I will cover my mouth with my elbow



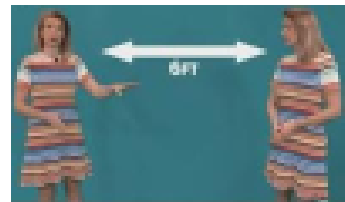
I can keep safe by:

- I will try to keep my hands away from my face



I can keep safe by:

- Keeping a safe distance from other people



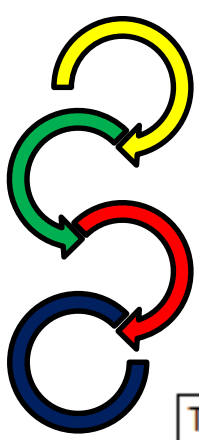
I can keep safe by

- Not giving hugs, shaking hands or high fives to people I don't live with (for the moment)



I will avoid groups of people that I don't live with





Section 2: Social Stories

My Normal Routine has Changed (page 1)

The coronavirus is making people sick.

It is like a cold that I can catch from other people.

It is easier to catch than a cold, so I need to be extra careful.



This means that I need to change what I do every day.

Most days I leave my house to go to school or to do other things.

But most places are closed now.



There will be less visitors to my house because they need to stay at home too.

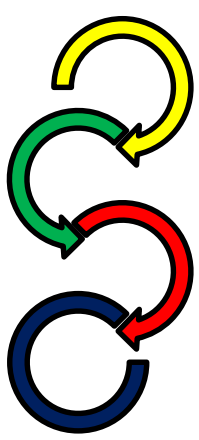


I need to stay at home for a while until everyone gets better from the coronavirus.



This means that I will miss some of my favourite activities.



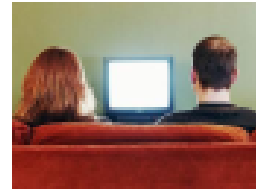


Section 2:
Social Stories

My Normal Routine has Changed (page 2)

I can still do the activities I normally do at home.

My mum and dad will have some new fun ideas of things we can do at home.



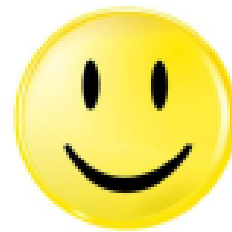
I can still do some activities outside of my home, like going for a walk or drive.

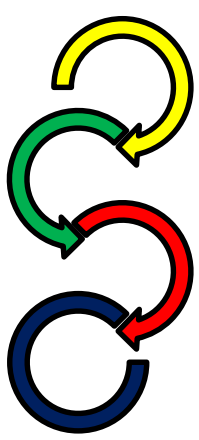
I just need to be careful I don't meet lots of people.



Things will be different for a while but it will be ok.

I will be able to go back to normal once everyone gets better.





Section 2: Social Stories

Going to the Test Centre

My doctor might think I need to have a test to see if I have the corona virus if

- I go near someone who was sick
- or**
- I have a temperature and difficulty breathing



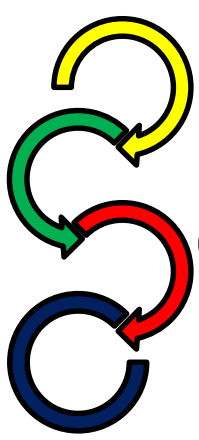
I will go to a tent like this near the hospital to have the test.



The staff carrying out the test will be wearing funny clothes and masks. This is what they wear to test people. It stops them catching the corona virus from somebody else.



When I arrive I will be asked to wear a mask like this



Section 2: Social Stories

Getting the COVID-19 test done

I will be asked to wash my hands.



The staff will ask me some questions about how I am feeling and how long I have been sick. An adult will help me to answer.



I will be asked to blow my nose.

The staff will then place a swab (like an ear bud) in my mouth to take a sample to be tested. I will say 'Ahhhhhhh'. It will only take a minute.



I will have to wait for a few days for the results
The results will tell me if I have the virus



When I am waiting for the results, I will stay away from people I don't live with.

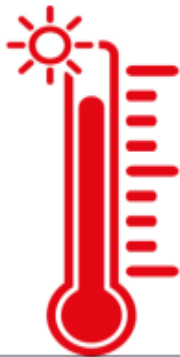
Read '**In MY Control**'
story

Swab Test Social Story

Sometimes when people are feeling unwell or sick, they go to the doctor.



If I feel very hot or have a bad cough, the doctor might tell me to go for a swab test.



There are lots of people going to get a 'swab test' because people want to keep safe from spreading the coronavirus. We do not want to spread the virus to other people.



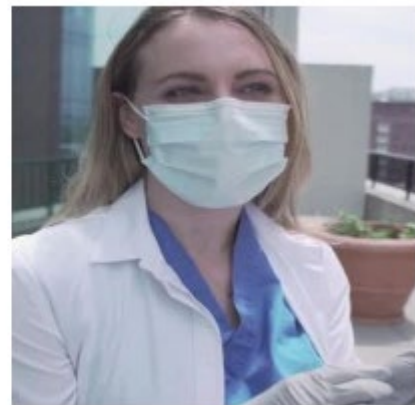
I will get a text to find out what time I will go to the centre.



My mam or dad will bring me to the swab test centre.



I will meet someone who will be wearing something to cover their clothes. They might be wearing gloves and goggles. They will be wearing a mask.



They will give me a mask while I stay in the car. They will give a mask to my mam or dad too.



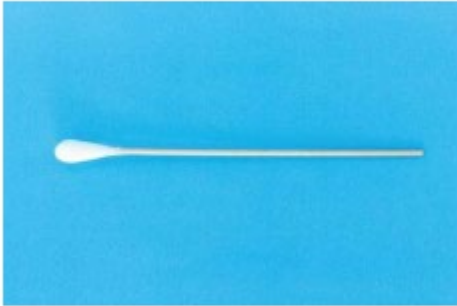
The person will look into the car and ask me to blow my nose.



Then, they will ask me to open my mouth so they can put a cotton bud inside. I will try to keep my mouth open. If I have to cough, I will try to turn away.



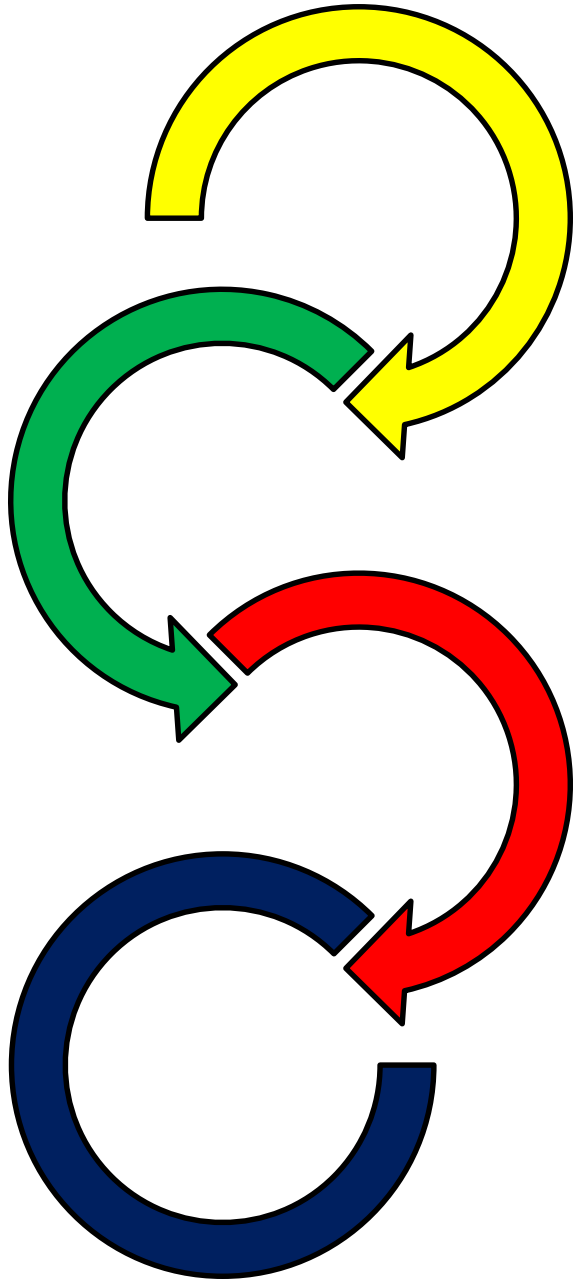
Then, they will put the cotton bud in my nose.



Then, I can go home.



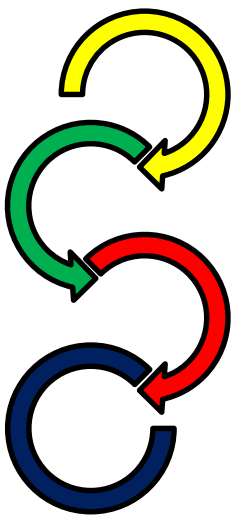
Mam or dad will be very proud of me for doing what I was asked to do.



Section 3:

Activities


**that may be
considered at times of
social distancing, and
self-isolation**





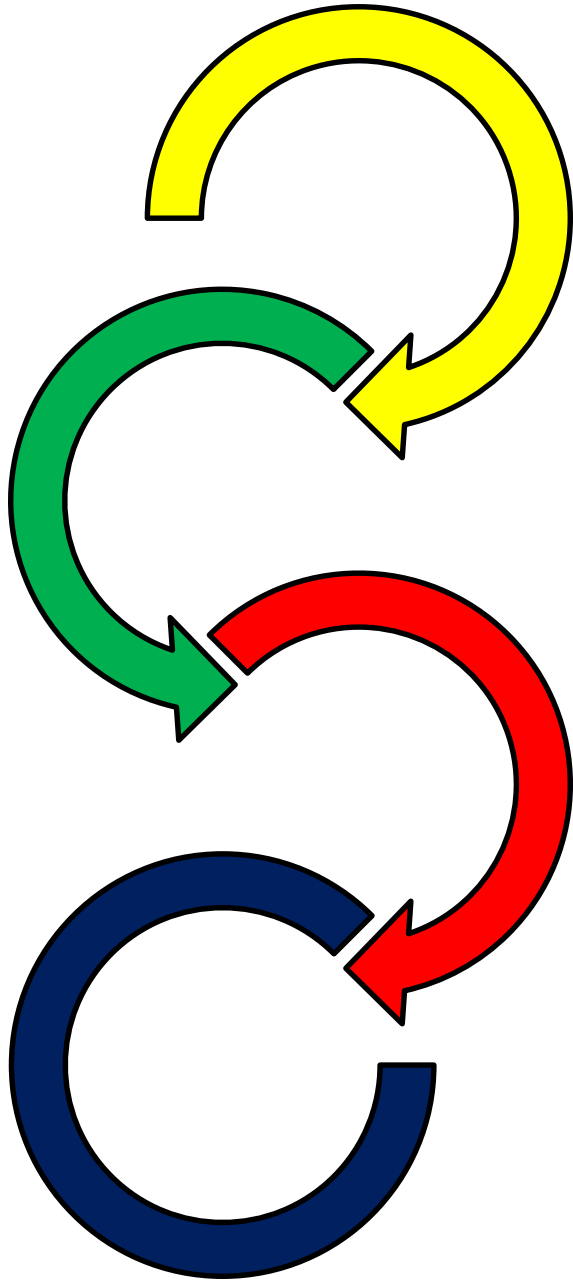
Section 3:

Activities

All can be expanded and creative options explored

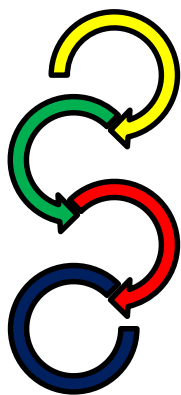
Baking / Cooking	Cookbook	Video tutorial / You Tube	Visual recipe	Parents help
Gardening	Tidy-up	New planting	Bird Feeder	Paint decorations for garden
Meditation	You tube	www.newhorizonholisticcentre.co.uk	www.annakaharris.com	Guided meditations
Walking *keep in mind social distancing	Locality	Forest Walks		
Going for a drive				
Memories	Scrapbook	Memory box	Create a personalized jigsaw online	Photobook (online options available)
Family Contact	Phone Call	Whatsapp / Skype Stay in touch with school friends by sharing what you are doing at home i.e. 	Send a card/ letter/ drawing	Video Call to a friend or relative
Drive Thru cinema	<ul style="list-style-type: none"> Retrodrivein.ie Be aware of time needed in car and interest in film			Activate Windows
Home Workout	Joe Wicks online workout Daily P.E. class or gonoodle.com	You tube	Visuals	Parents or siblings modelling/ doing the workout too

Be Creative!	Junk art with recyclables i.e. toilet rolls and egg cartons Pinterest – different art projects with toilet rolls 	Easter Cards / Decorations	Mindfulness <u>Colouring books</u>	Lego stamping art for kids www.frugalfun4boys.com/legostamping-its-art-with-bricks 
Sensory Activities	<ul style="list-style-type: none"> Check with current OT recommendations 		Sand	Water play
Create a sensory box	<p><u>Toys that are calming to touch/ look at</u></p> <ul style="list-style-type: none"> Glitter bottle Soft pillow Playdough Sensory (textured) balls Rice/ pasta bin Water mist spray Vibrating / massaging toys Thera putty Slime 	<p><u>Olfactory and breathing toys</u></p> <ul style="list-style-type: none"> that can help a child regulate their breathing to help them calm down when upset blowing bubbles balloons strong smells (candles, herbs, perfume) 	<p><u>Fidget toys</u></p> <p>are objects that can be provided to a child to regulate his need for movement and touch. This enhances his/her ability to remain calm, focused, and attentive.</p> <ul style="list-style-type: none"> Squashy toys Toys that you can manipulate i.e. flick, spin, squeeze. 	
Decorating	Paint your room	Re-arrange furniture	Hang some photos	De-clutter
Music	Online music events / artists	DVD concerts	Radio / TV	Make play lists
Spa Day	Relaxing music / face mask / massage	Nail painting	Foot spa	Massage
Virtual Tours	<p>Zoo</p> <p>https://kids.sandiegozoo.org/videos https://www.houstonzoo.org/explore/webcams/ https://www.memphiszoo.org/animal-cams https://nationalzoo.si.edu/webcams</p>	<p>Museums</p> <ol style="list-style-type: none"> National Museum of Natural History (Dinosaurs, Plants, Early life, Ancient seas, Mammals, Ice Age, Genome) National Museum of Wildlife Art Louvre Museum Guggenheim Museum and Foundation, New York 	<p>Journey around the world www.airpano.com/360video</p>	
Learn a new skill	Knitting	Online Shopping	iPad	<u>Self management</u> skill – Learn how to use a phone, use a microwave etc
Books	<p>Read</p> <p>*Libraries Ireland have an online service for audiobooks etc. Borrow Box app Libraries on line have a large selection of kids magazines i.e. kids national geographic</p>	Podcast	Story time from space – astronauts reading in outer space, some stories may be appropriate	Audible have released 500 audio books free – no log in required
Picnic (even if it's in the back garden)	Plan the picnic	Prepare the picnic	Include teddies for teddy bears picnic to teach imaginative play	



Section 4:

**Desensitisation
Programme for
COVID-19
Testing**



Section 4:

- ✓ **Desensitisation programme for COVID-19 testing**
- ✓ **This is a way to practice the test at home to prepare your child for the test centre**

COVID-19 Testing Desensitisation Program

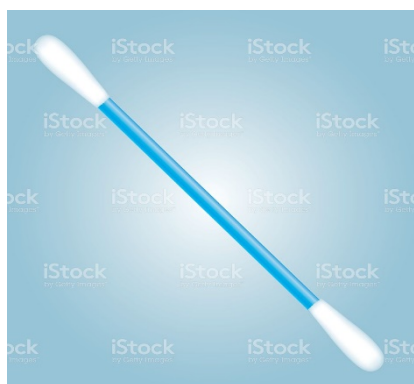
Resources Required

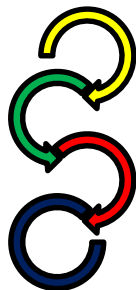
Make a kit to include:

- Box to hold items
- Mouth mask
- Gloves
- Glasses (if possible)
- Apron
- Cotton buds
- Tissues

Visuals:

- First / then and visual of steps
- Social story





Section 4:

✓ Desensitisation programme for testing

COVID-19 Testing Desensitisation Protocol Steps:

1. Child sits on chair.
2. Parent sit beside / stand to the side of the child while wearing mask, gloves, plastic apron (and protective glasses if possible).
3. Parent ask child to blow their nose into tissue. (Parent/ child discards tissue into black bag).
4. Parent ask child to lean their head back.
5. Parent ask child to say “AHHH” / “open mouth”.
6. Parent hold cotton bud in front of child.
7. Parent place cotton bud on lips of child’s open mouth.

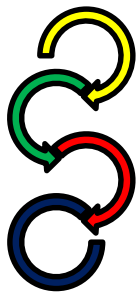
(note: do not place cotton bud into mouth).

****To increase child’s tolerance and exposure to protective equipment, parent should wear the equipment intermittently throughout the day while doing everyday tasks****

How to practice:

- Have a preferred item ready that the child can have when they have tolerated the step.
- Place a picture of the preferred item on the ‘then’ section of the first/then visual.
- Start at step 1, when the child has tolerated the step provide praise and the preferred item.
- If the child is successful after one trial, move on to the next step.
- If the child is unsuccessful tolerating the step, try again later in the day.
- Practice two steps each day.
- You do not need to record, this is just to practice and help the child’s awareness of what to expect if they need to be tested.

******In the event of testing any visual materials brought to the testing will be contaminated, please put into a black bag and throw into the general waste bin outside of the house******



Section 4:

✓ Desensitisation programme for testing

COVID-19 Testing Visual Steps:

Please cut out and place on the 'first' section of the first/then visual board:

Step 1:



Step 2:



Section 4:

✓ Desensitisation programme for testing

COVID-19 Testing Visual Steps:

Please cut out and place on the 'first' section of the first/then visual board:

Step 3:

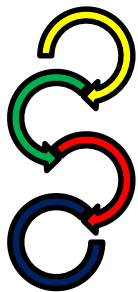


Step 4:



Step 5:





Section 4:

✓ Desensitisation programme for testing

COVID-19 Testing Visual Steps:

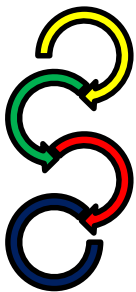
Please cut out and place on the 'first' section of the first/then visual board:

Step 6



Step 7





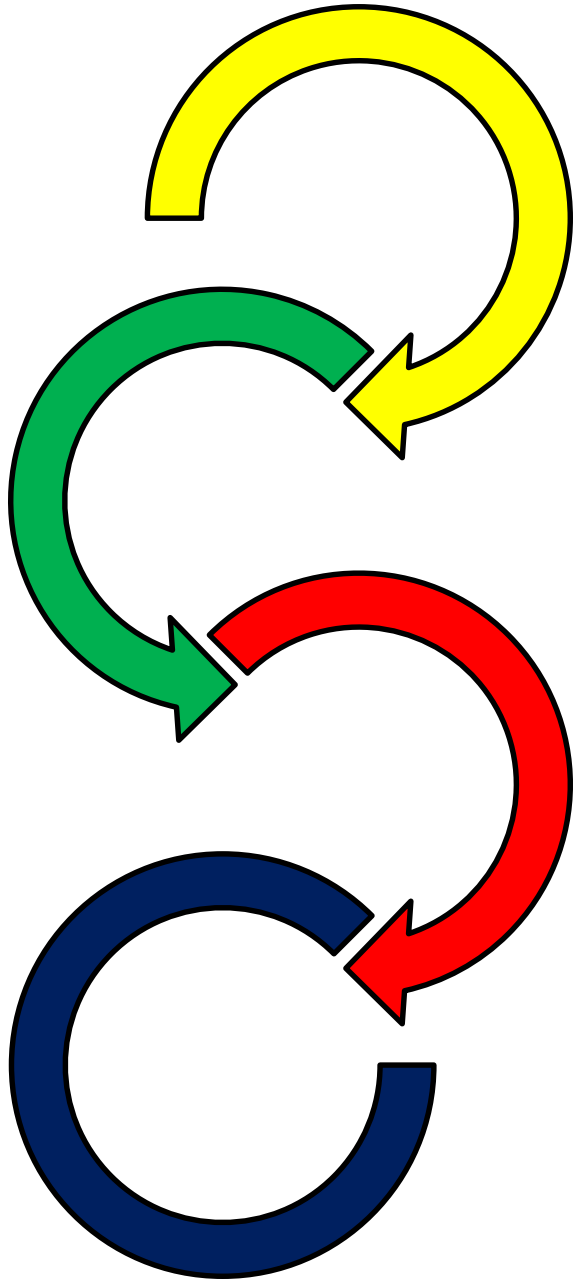
Section 4:

- ✓ Desensitisation programme for testing

First

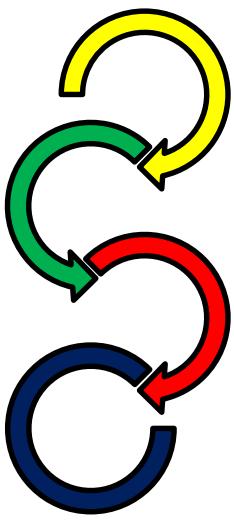
Then

House no. 1



Section 5:

Managing Anxiety and Supports



Section 5:

Managing any anxieties

All of the steps outlined in this document are designed to

- a) Alleviate anxieties
- b) Give predictability as best as is possible
- c) Enhance emotional and physical wellbeing and activities
- d) Nurture social connectedness with loved ones
- e) Managing future anxiety (COVID-19 testing) & desensitisation

If any additional supports are required

e.g. Mindfulness

e.g. Video-calls

e.g. Fine-tuning any social story

... please do not hesitate in contacting any member of the team

Joanne Collier (Behaviour Therapist)

Joanne.collier@muiriosa.ie

0874180765