

Parents STAY-AT-HOME TIPS DURING COVID-19

FROM MERIDIAN HEALTH SERVICES



REWARDS GO A LONG WAY!

- ▶ At the end of each day, take a minute to think about and discuss the day. Tell your child about one positive or fun thing they did. Praise yourself for what you did well too! It is a "team family" effort!

MAKE HANDWASHING AND GOOD PERSONAL HYGIENE FUN:

- ▶ For younger kids, make a 20-second song for washing hands. Add actions! Give points and praise for regular handwashing.
- Make a game to see how few times you and your kids touch your faces with a reward for the least number of touches (you can keep count for each other).
- Be sure you and your children are using their elbows to cough and/or sneeze into. Also, encourage using tissues and disposing of them properly afterward.



TEACH YOUR CHILD ABOUT KEEPING SAFE DISTANCES:

- ▶ Practice staying 6 feet from others when in public.
- Write letters and draw pictures to share with people. Put them up outside your home for others to see!



YOU ARE A MODEL FOR YOUR CHILD'S BEHAVIOR:

- ▶ If you practice keeping safe distances, good personal hygiene, and treating others with compassion— especially those who are sick or vulnerable, your children and teenagers will learn from you.



CREATE A FLEXIBLE & CONSISTENT DAILY ROUTINE:

- ▶ Make a schedule for you and your children that has time for structured activities as well as free time. This can help children feel more secure and better behaved.
- Children or teenagers can help plan the routine for the day – like making a school timetable. Children will follow this better if they help to make it.
- Include exercise in each day - this helps with stress and kids with a lot of energy to burn!

PHYSICAL DISTANCING APPOINTMENT OPTIONS

VIRTUAL VISITS:

Meridian offers Virtual Visits through telehealth. If you or someone in your family have a medical or mental health care need, you may arrange a Virtual Visit by calling 866-306-2647!

CAR VISITS:

If you or your child needs an Influenza A & B or strep swab, a Meridian provider will come out to your car. This limits everyone's exposure and makes your visit safer. PLEASE CALL AHEAD to arrange Car Visit before arriving.

MeridianHS.org

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