

Coping Plan for Families



This is an example of a family coping plan. Use the blank version on page two to customize for your own family.
Call Baystate's Children Hospital, Child Life Department at 413 -794 -3145 for more information.

COVID-19 or coronavirus is a sickness caused by new germs. It is similar to a cold or the flu, but spreads much faster. Most people can recover at home, but some need to be in the hospital to get better.

What is it?

I need to go in to work to help people who are sick. I help people that are having a hard time breathing get the air their body needs. I make sure they have the help they need in the hospital.

My job

Your job is to wash your hands often, play inside our house, or in our yard, and work on school work. You can also call Grandpa and talk with him, and help your Dad fix lunch. What do you think you can help with at home?

Your Job

I stay healthy by washing my hands a lot at work and wearing a special mask and gown. You can stay healthy by washing your hands, covering your cough or sneeze, and by staying home with your family..

Staying Healthy

Our Family

Staying Connected

Our family is away from each other and away from friends right now. We can do these things over the phone or video call!-Listen to a favorite song-Read a favorite book-Play a game together

Change in routine

Things look different right now, but here is what you can expect this week:

Worries

This can be modified to address different worries that arise throughout this time. Check out this link for tips on how to help kids cope during this time:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life- coping/managing-stress-anxiety.html>

Coping

Here are some ways to cope with lots of new emotions and feelings:

- Move your body (stomp, jump, run, skip, etc)
- Talk to an adult
- Write a letter to a friend
- Rest and relax

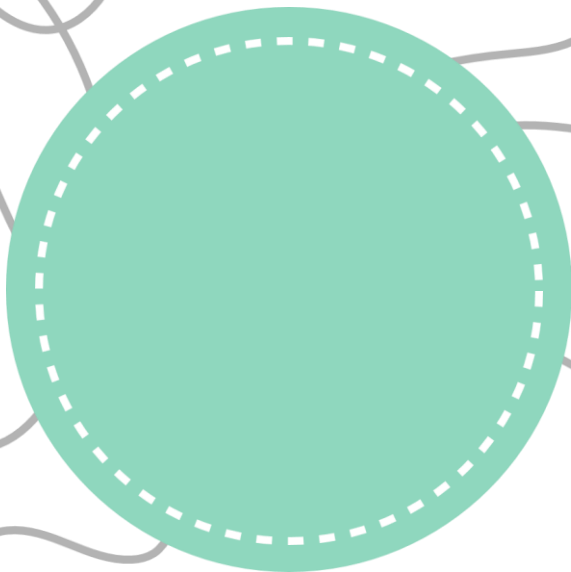


COVID-19

My job

Your Job

Staying Healthy



Staying Connected

Change in routine

Worries

Coping