

CONFINEMENT WITH CHILDREN

TOOLKIT FOR PARENTS

The background features abstract geometric shapes. A large teal circle is at the bottom center. To its left is a light blue circle with diagonal white lines. To its right is a light blue circle with diagonal white lines. A smaller teal circle is positioned above the large teal circle.

Atautsikut Team
April 2020

How to talk about COVID-19 with children?

When kids start to be able to talk, they might start to ask many questions. It is also ok if they do not ask any questions.

01

ANSWER IN A SIMPLE WAY

It is important to answer them in a simple way that they will understand, and in a way that makes them feel secure, while giving true answers.

02

ADAPT YOUR ANSWER ACCORDING TO THEIR AGE

Babies: They need to feel your presence, to feel secure and loved.

3-6: They ask many questions. They may need to be reassured. Give them answers they can understand (e.g: if they ask you why we need to stay home, you can say "because we take care of our health").

6-12: They understand and listen to everything that is being said. Again, give them answers they can understand and help them get involved in the house and the community.

Youth: They can believe they are invincible. Talk to them about the importance of social distancing and other measures to protect the elders and the community and reassure them.... This is temporary. Ask them to be involved.

03

CORONAVIRUS FREE TIME!

It is important not to overwhelm children with information. To achieve this, we as adults should not overwhelm ourselves, not constantly listen to the news about coronavirus or be on social media chatting about it.

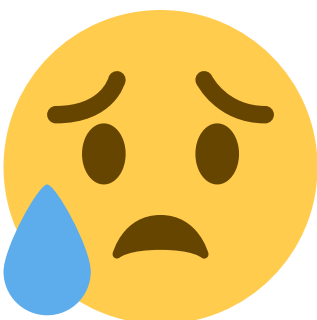
Help your child express emotions

Kids, even if they do not understand exactly what is happening, feel something is going on.

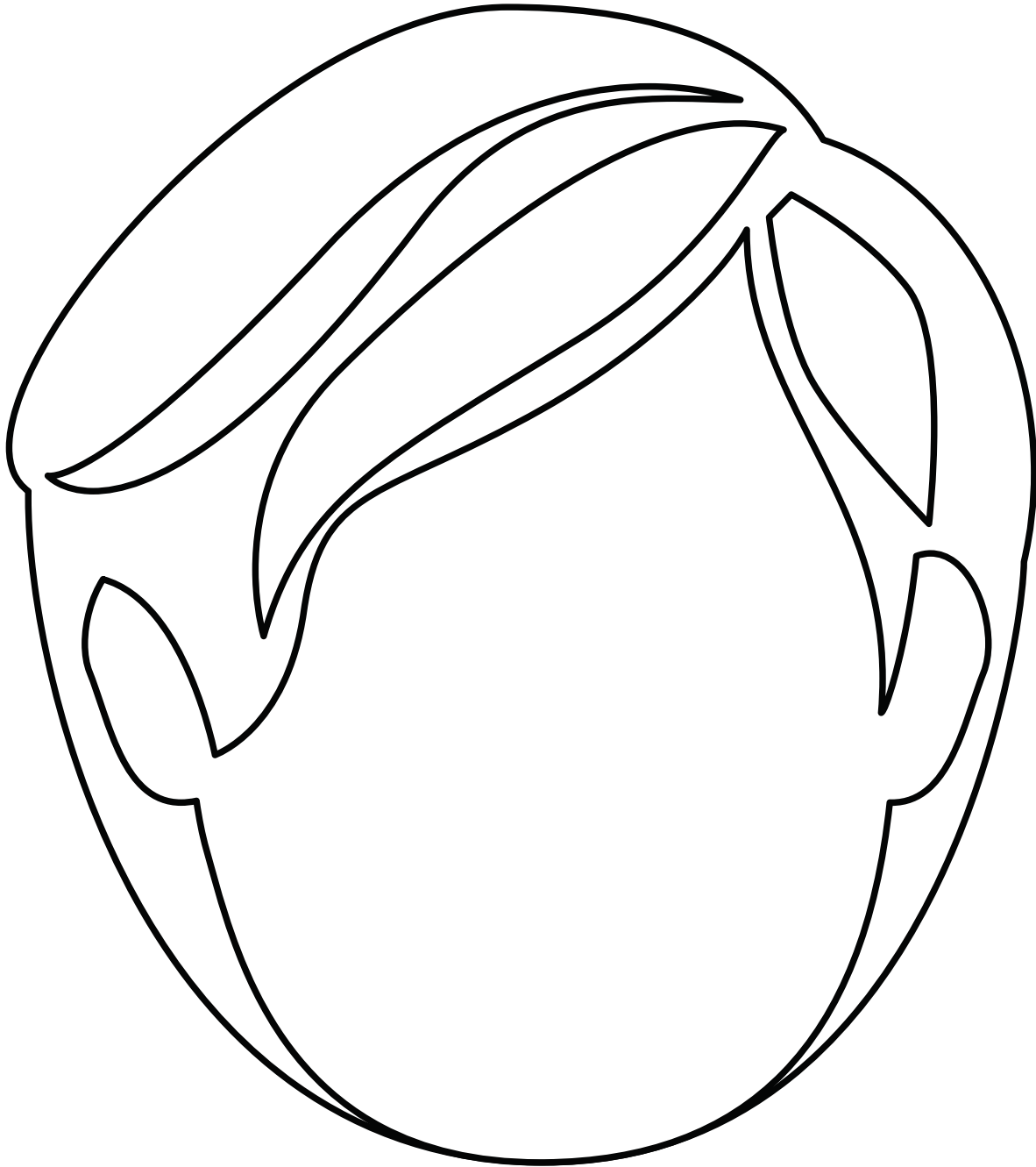
They can feel adults around them are different, nervous. It is normal that members of a family feel each other's emotions

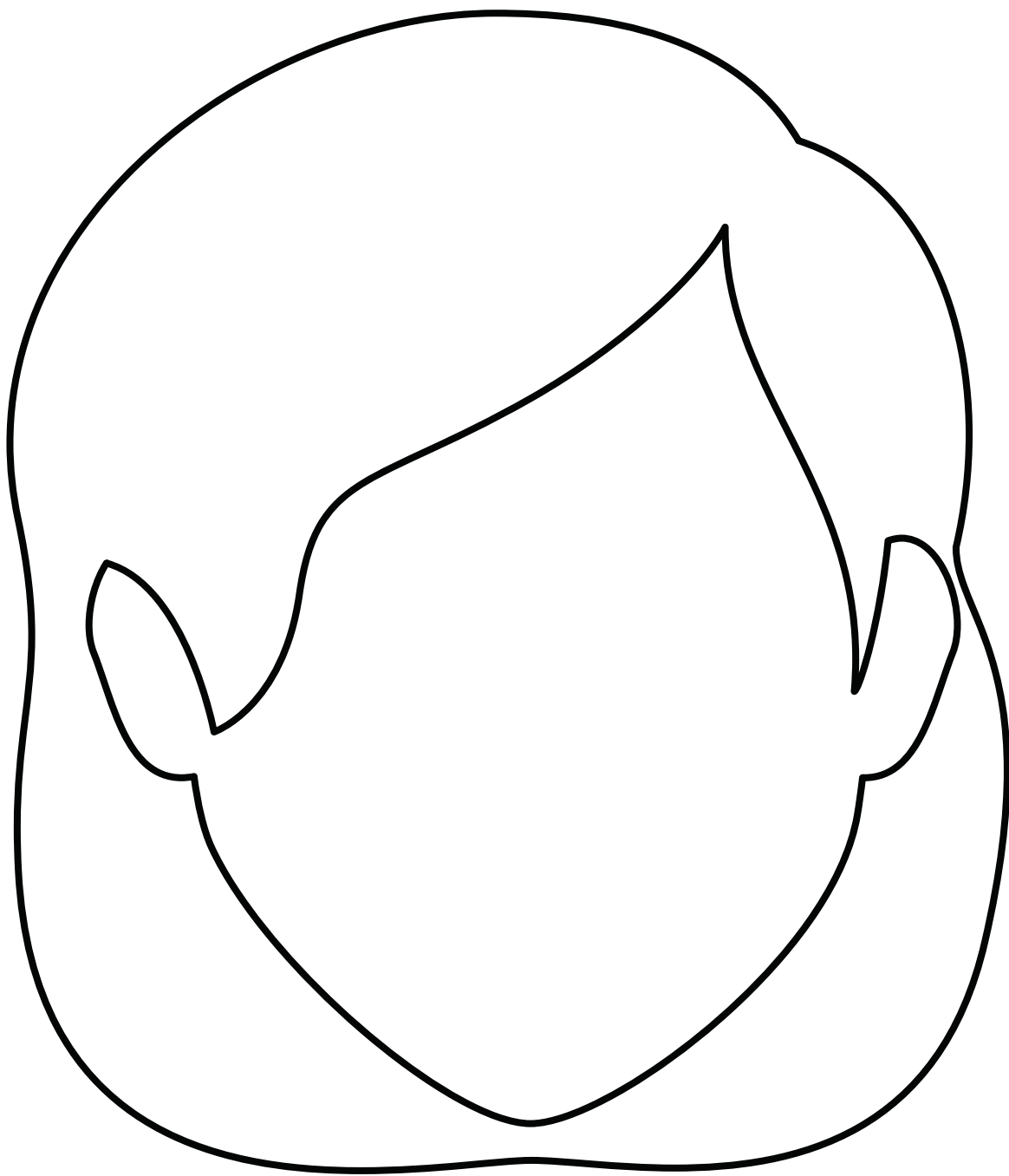
IT'S NORMAL TO FEEL SAD, CONFUSED, BORED, SCARED OR ANGRY DURING A CRISIS.

USE THESE IMAGES TO HELP THEM IDENTIFY EMOTIONS:



They can also draw how
they feel!





Help your child feel secure

Kids need to feel a sense of security. They need to feel that their world (mostly their immediate family) is not all shattered.

01

HELP THEM KEEP A ROUTINE

Keeping a routine for kids is an important part of helping them. It gives them stability in their world and helps them feel secure (ex: regularity in eating and sleeping as much as possible).

02

ENCOURAGE PLAY TIME

An important part of their routine is to be able to play. They express themselves through play and it helps them manage emotions.

03

MOMENTS OF SPECIAL ATTENTION

It is normal in such times that kids will look for more attention, from babies to older children. And it is ok to give them special moments of attention during this special time.

04

TAKE CARE OF YOURSELF AS PARENTS

It is normal that you have moments when you do not feel so good. Take care of yourself and preserve "feel good time" for the family. **At the end of the document, you will find help to do so.**



Keep children active!

01

HELP THEM FEEL USEFUL

Older kids, like ourselves, need to have some feeling of control and of feeling useful (instead of just feeling they are not allowed to do things they used to do). They can help do some chores at home.

02

INVOLVE THEM IN THE PROTECTION OF THE COMMUNITY

They can learn to do prevention like washing their hands, practice social distancing, not touching their face, etc.

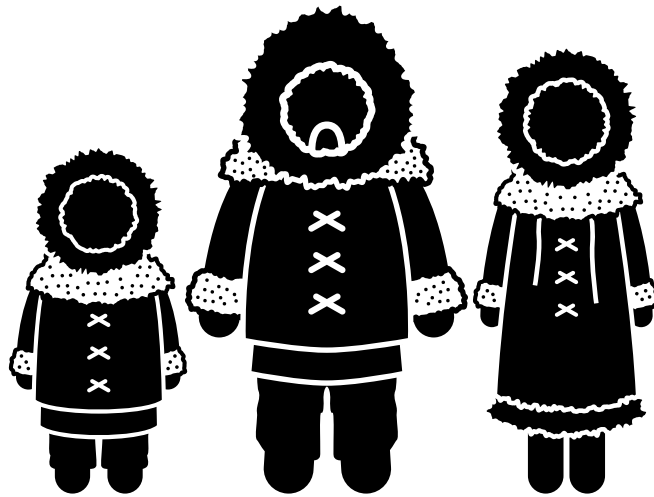
03

KEEPING CONTACT WITH FRIENDS AND FAMILY

Help them in keeping contact with extended family and friends with phone or social medias.

Play time!

Kids may have a lot of energy. Help them find activities within the house. You might also have ideas of games you like to do together as a family, or rediscover games you used to do when you were young.



Many kids may want to spend a lot of time in front of a screen. It is important to still limit these moments as screen time tends to disrupt routine and can increase stress.

If you need ideas, this online book offers Inuit stories and games for children:

<http://www.avataq.qc.ca/en/Institute/Departments/Communications-and-Publications/Publications>

PARENTS: TAKING CARE OF YOURSELF

Coping with Stress and Uncertainty

We are going through a very particular moment on a world-wide scale, and it is a source of tension and concern for many.

It is all the more important as caregivers to take care of ourselves in order to be able to take care of others. It is also a completely new situation and it is normal to not always know what to do.

We adjust as we know more about the situation.

Why do we feel stressed?

Stress is a normal response to a threatening situation. Stress is important, it keeps us alive! Without stress, we wouldn't feel the urge to run or to defend ourselves when we see a polar bear!

When we feel stressed, the first step to reduce it is to identify WHY we are stressed.

All humans are different, and what stresses us varies from person to person. However, the underlying causes of stress are the same.

Control: You feel you have little or no control over the situation.

Unpredictability: Something unexpected happens and/or you are unable to predict what will happen in the short to medium term.

Novelty: Something new that you have never experienced happens and you have to adapt.

Ego Threatened: You feel that your skills are being questioned.

Can you associate your stress with any of these causes?

We may feel like we are losing control over our lives and that everything is becoming unpredictable. That's normal.

Fortunately, there are ways to help!

Stay connected, even if you are physically isolated.

Keep in touch with friends and family: Use the phone, Skype, Facebook, Zoom, Instagram, etc.

Talk about things that make you feel good: Step away from bad news.

If you are confined with your family: Connect with them!

info@atautsikut.com

Focus on what you can control.

Plan your day: make a routine for yourself even if you are confined.

Control what you can do to stop the virus: wash your hands, smoke on the porch, don't go to the Coop too often.



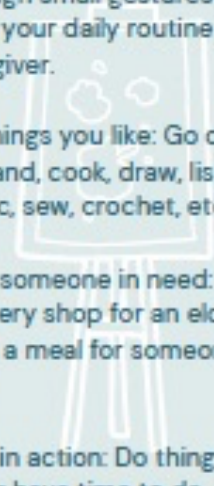
Take care of yourself and of the community

Accept being taken care of through small gestures to ease your daily routine as a caregiver.

Do things you like: Go out on the land, cook, draw, listen to music, sew, crochet, etc.

Help someone in need: Grocery shop for an elder, cook a meal for someone, etc.

Stay in action: Do things you never have time to do.



Stay informed... but not too much!

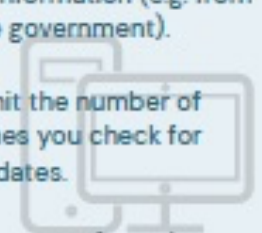
Consult reliable sources of information (e.g. from the government).

Limit the number of times you check for updates.

Step away from the media if you feel overwhelmed.

Remember:

This is not a permanent situation.

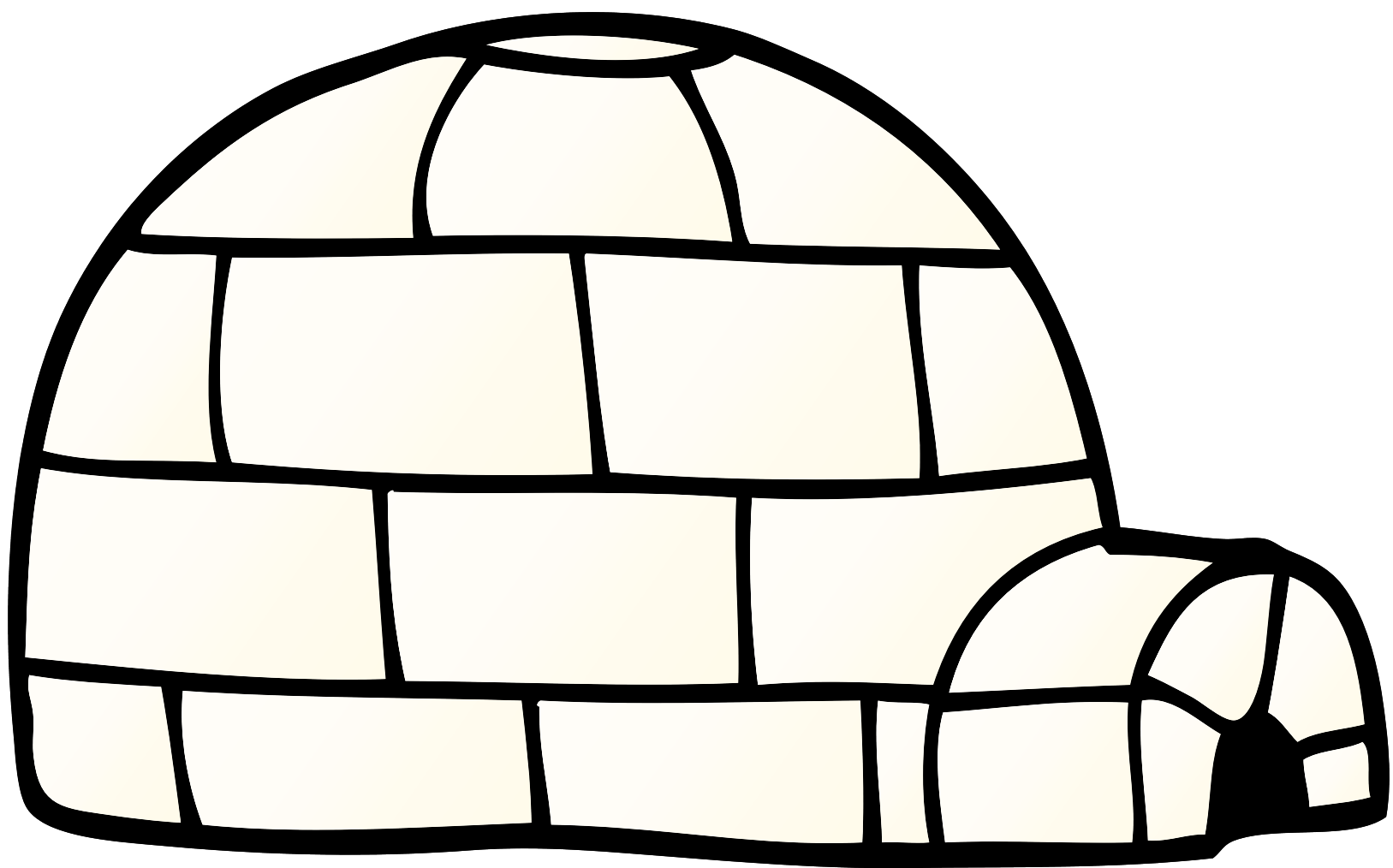


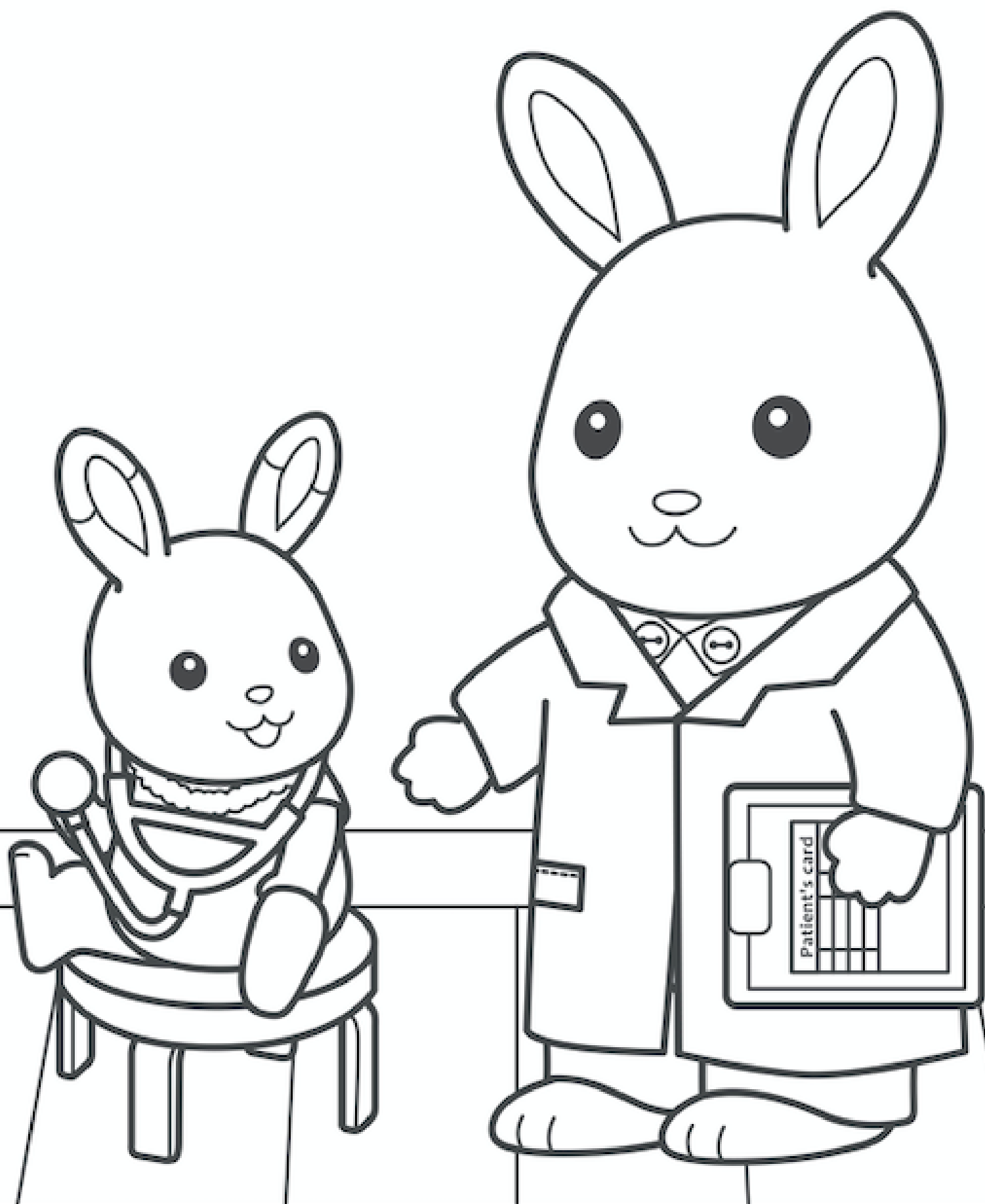


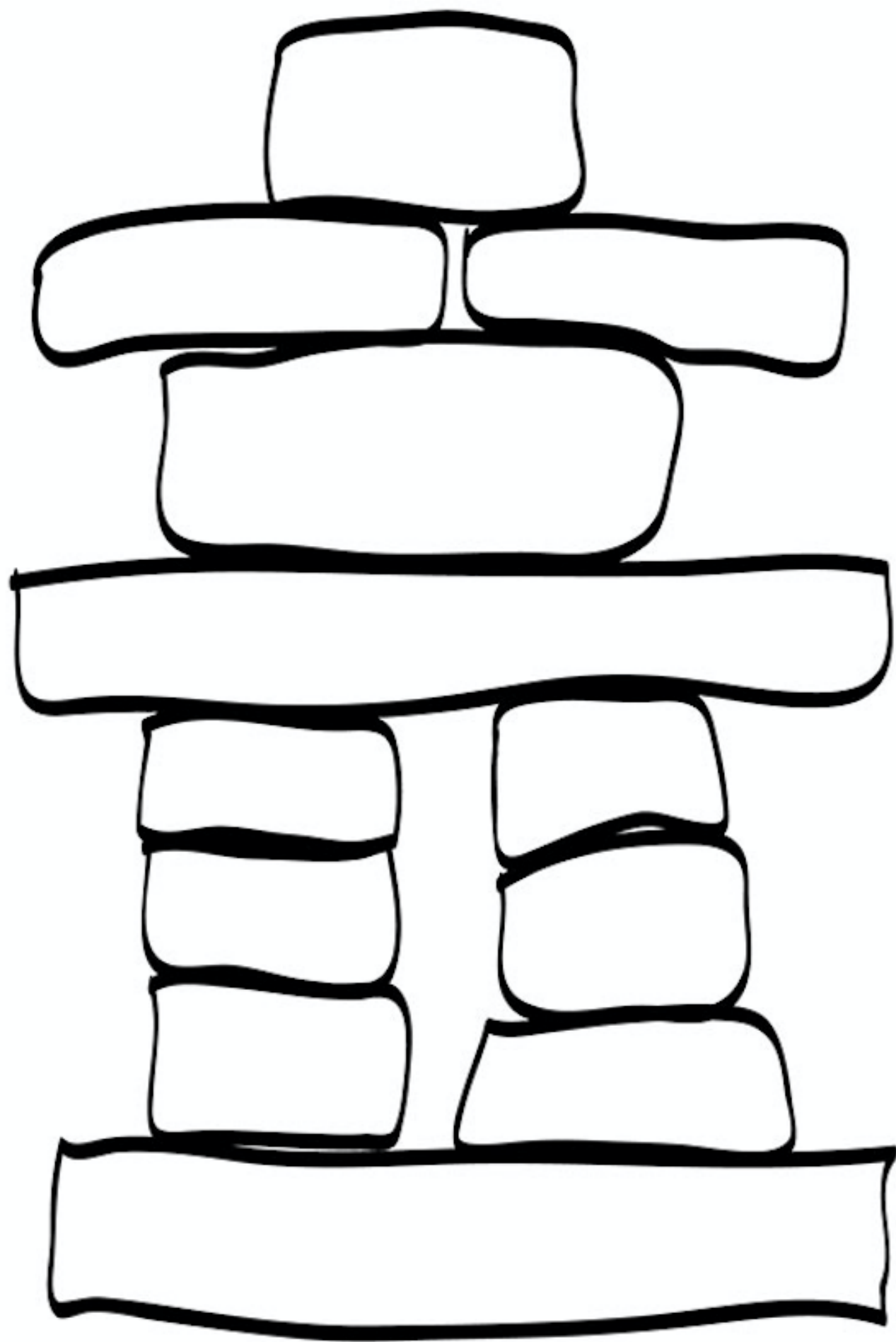
EXTRAS GAMES

You will find in the following pages
games and ideas to occupy your
children.









Game

Nanuungnguatuq (Polar Bear Tag) Age: 3 plus

Number of players: 3 - 10

Getting ready

Invite the children to talk about polar bears and polar bear facts. Some facts: polar bears eat seals; polar bears are large mammals with white fur.

How to play

1. Pick one child to be the first pretend polar bear.
2. The pretend polar bear lies face down on the floor or ground.
3. The other children (players) sit around the pretend polar bear on the floor.
4. Once all of the players have sat down and are very quiet and still: the pretend polar bear starts moving around the game area with hands and feet on the floor.
5. The children scatter while being chased by the pretend polar.

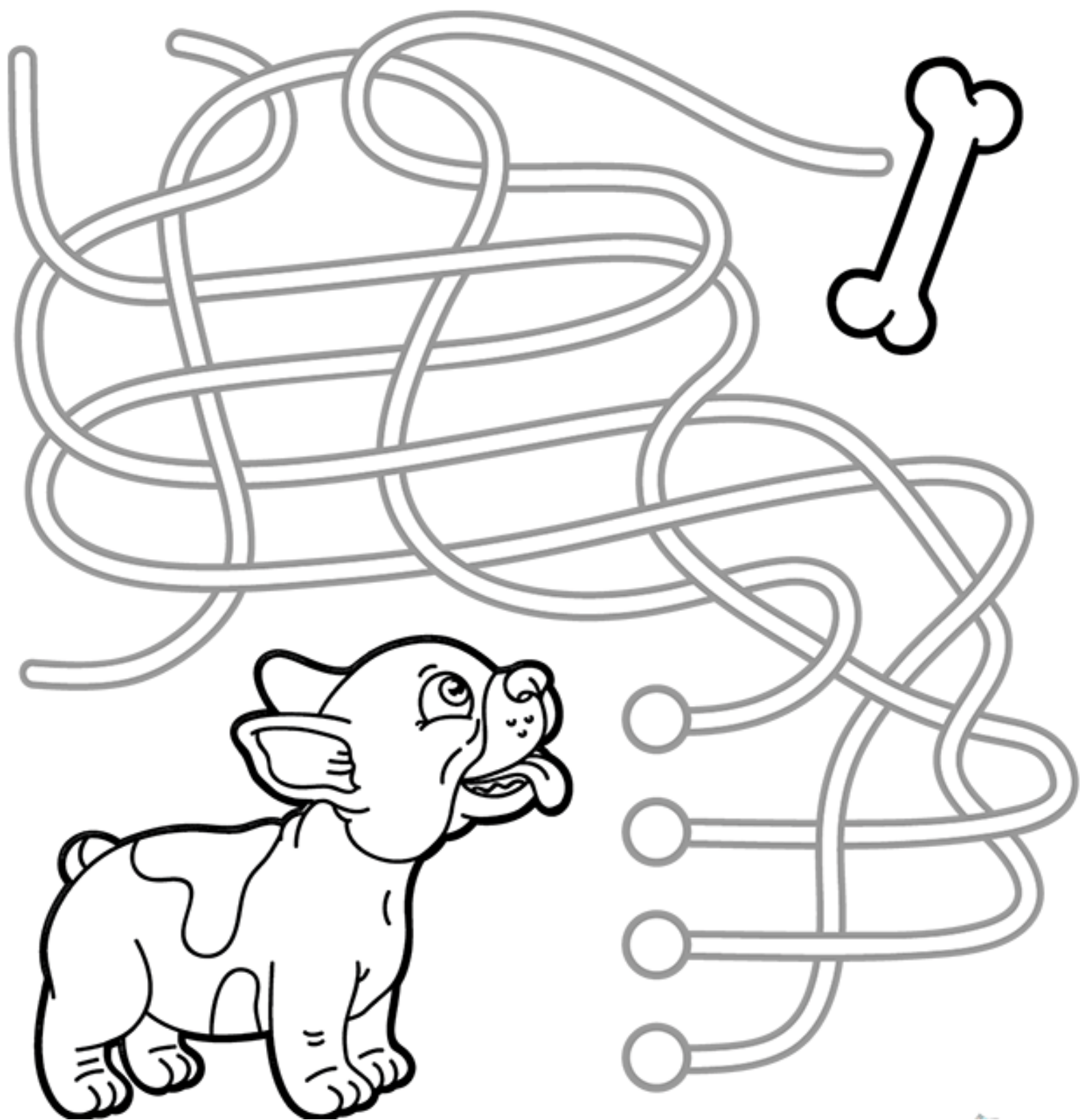
6. All players move with hands and feet on the ground. They may not stand up and run.
7. The polar bear tries to touch one of the players.
8. When a player is touched by the pretend polar bear, that person must immediately lie on the ground. All the other players including the former pretend polar bear sit on the ground around the player who is lying down. When all of the players are seated and still, the new polar bear rises, the children scatter and play resumes.

Tips

The pretend "Bear" should do his/her best to act exactly like a bear, and act very fierce.

Play can continue until each child has had the opportunity to be the "Bear," or until the children tire of the game.





For more ideas:

Drawing and games

- <https://www.teteamodeler.com/>
- <https://www.hugolescargot.com/coloriages/>
- <https://lululataupe.com/>

Story, games and craft

- <http://www.avataq.qc.ca/en/Institute/Departments/Communications-and-Publications/Publications>

Talking to your child about COVID-19

- <https://www.lebonheur.org/blogs/practical-parenting/tips-for-talking-to-your-child-about-covid-19>
- Les joies de la distanciation sociale avec les enfants (2020). Suzy Goodleaf, M.Ed.Psy., Kahnawake, Nancy Rother, M.Ed. and Louise Dessertine, M.A. Psy