



Helpful Tips for Parents

COVID-19 Training Highlights

Keep Your Kids Safe

Communication is Key: Plan & Prepare

- Keep your child at home if sick with illness
- Contact your childcare program and healthcare provider
- Communicate daily with childcare program
- Discuss drop off & pick up protocol
- If your childcare program is closed, consider planning for alternative arrangements

Practice & Reinforce Good Prevention Habits

- Teach children coughing and sneezing etiquette
- Cover coughs and sneezes with a tissue/ sleeve (not hands)
- Wash hands often with soap and water for at least 20 seconds
- Use hand sanitizer with 60% alcohol if soap and water are not available
- Discourage children from sharing food, cups, utensils, towels, toothbrushes, etc
- Regularly check on your child for symptoms of COVID-19
- Clean & disinfect toys and high touch areas

Children with Special Healthcare Needs

- Be prepared with your child's written care plan at all times (e.g. asthma plan, anaphylaxis, etc.)
- Communicate all important medical information to child care program
- Stock up on and provide all medication to the child care program
- Prepare for possible future emergencies



Keep Your Kids Happy

Activities to keep children engaged

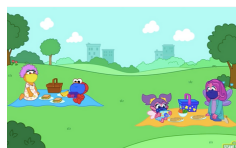
Sesame Street in Communities

Enjoy sesame street resource page at home



Physical Activity

Have fun family workouts with [Grover's Playground](#)



[A New Kind of Picnic](#)

Watch parents & children reconnect with others while socially distant

ChooseMyPlate

Learn about ways to make healthy food fun

[Food Art](#)

Show children the beauty of fruits & veggies by creating colorful art with healthy food



Resource Links

Fit Kids [English/Spanish](#)
[Sesame Street in Communities](#)

Food Planning [English/Spanish](#)
[My Plate Kids' Place](#)

[BPHC Asthma Prevention & Control](#)
[CDC Parent Checklist](#)

For more information go to [Department of Early Education and Care](#). Questions? chronicdisease@bphc.org