



Dear CPS Parents/Guardians,

As you know, we are currently experiencing some very uncertain times. It can be very scary for us as adults, and even more so for our young people. I'd like to offer some ideas on how to talk to your child(ren) about the COVID-19 Virus and doing school work at home.

Here are some ideas you can use when talking to your child(ren) about the COVID-19 Virus:

- Remain calm and reassuring - Remember that children will react to both what you say and how you say it. They will pick up cues from the conversation you have with them and with others.
- Find out what your child(ren) already knows - This gives you a chance to learn how much your child(ren) knows and to find out if they're hearing factual information. Then, follow your child's(ren's) lead. Some children may want to spend time talking. But, if your child(ren) doesn't seem interested or doesn't ask a lot of questions, that's OK.
- Provide information that is honest and accurate - Give children information that is factual and appropriate for their age and developmental level.
- Give your child(ren) specific things they can do to feel in control - Teach children that getting lots of sleep and washing their hands well and often can help them stay healthy.
- Doing school work from home - Set a structured schedule with time for school work, rest and play.

Here are some resources to consider as you provide support to your child(ren):

Centers for Disease Control [cdc.gov/coronavirus/2019-ncov/](https://www.cdc.gov/coronavirus/2019-ncov/)

Michigan Department of Education [michigan.gov/mde](https://www.michigan.gov/mde)

Khan Academy [khanacademy.org](https://www.khanacademy.org)

I hope this helps. I will be in and out of the office and available via phone and/or email. If you have any questions, comments and/or concerns please feel free to contact me at (810) 657-9394 ext. 42103 or email me at [alopez@cpsk12.us](mailto:alopez@cpsk12.us) I hope to see you back at school soon. Take care and stay healthy!!

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