Older Adults Caring for Children during COVID-19 Pandemic

If considering having a grandparent or older adult watch children while they are out of school please keep in mind older adults and individuals with health conditions are at an increased risk for COVID-19.

Practice these guidelines –

- Cough or sneeze into their sleeved arm or cover their nose and mouth with a tissue. Throw away the tissue after they use it and wash hands.
- Avoid touching their eyes, nose and mouth.
- Wash hands frequently and for at least 20 seconds with soap and water, especially after they cough or sneeze; and alcohol-based hand rub can be used if soap and water are not nearby, but handwashing is always the best defense.
- Avoid sharing cups and eating utensils with others.
- Clean and disinfect frequently touched objects and surfaces like doorknobs, tables and handrails. Regular cleaning and sanitizing products can be used.

Activities to do with your kids:

- Cooking to practice reading and math
- Board Games
- Start a new book series
- Arts and crafts – check out Pinterest for ideas [www.pinterest.com](http://www.pinterest.com)
- TED Education - [https://www.youtube.com/channel/UCsooa4yRKGN_zEE8iknghZA](https://www.youtube.com/channel/UCsooa4yRKGN_zEE8iknghZA)
- Card games - [https://bicyclecards.com/rules/](https://bicyclecards.com/rules/)
- Puzzle
- Educational Podcasts
- Help a neighbor

Ensure the mental and emotional wellbeing of students and family. Here are some resources that could be helpful.

- [National Association of School Psychologists Helping Kids Cope](https://www.nasponline.org/Coronavirus)
- Colorado Crisis Services: Call 1-844-493-TALK (8255) or Text to Talk 38255

Get the most up-to-date and accurate information at:

• CO HELP 303-389-1687 or 1-877-462-2911