



Fondazione  
**Don Carlo Gnocchi**  
Onlus



# CHILDREN NEED TO UNDERSTAND WHAT IS HAPPENING

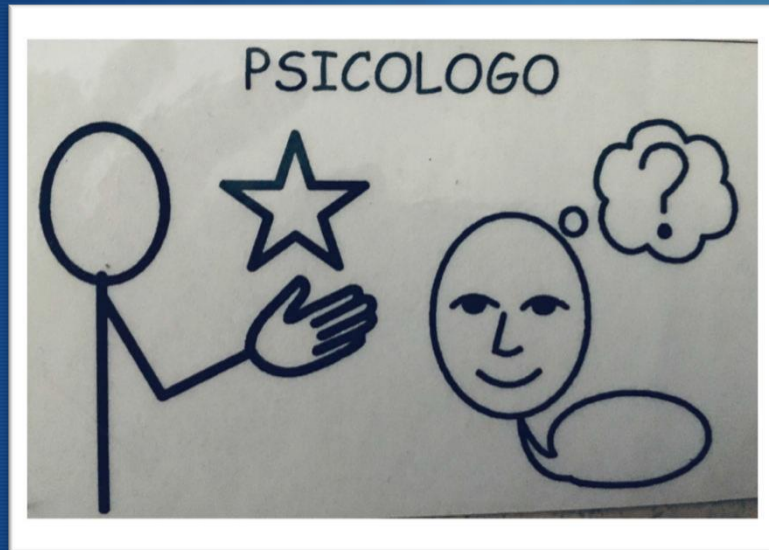
Tips for Parents, Caregivers, Teachers,  
Grandparents:  
What to say and how to say it

Servizio Neuropsichiatria Infantile-Ambulatorio Trauma&EMDR  
Centro S.Maria al Castello –Pessano c/B

Alessia Incerti-Martina Tarantola-Flavio  
Cimorelli



# TEXT BY



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- Dr. Martina Tarantola  
Psychomotor therapist  
Fondazione Don Carlo Gnocchi Clinic  
center - Pessano C / B- Milan Italy

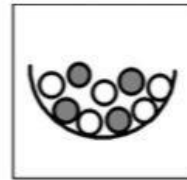
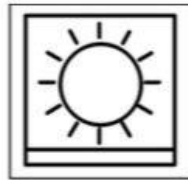
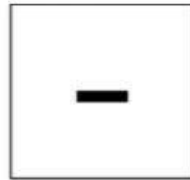
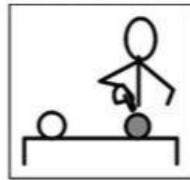
# What is happening?

How to explain the situation to children who can't read.  
Use AAC symbols



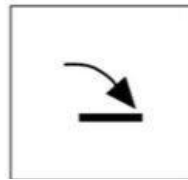
# What is happening?

DEAR CHILDREN

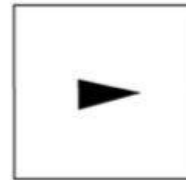
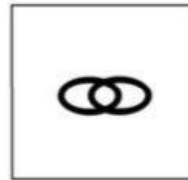
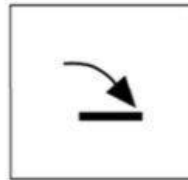


THESE ARE SOME SPECIALS DAYS

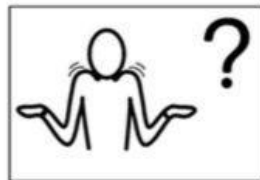
YOU CANNOT GO TO SCHOOL



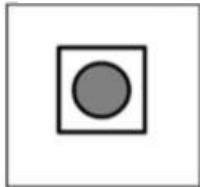
YOU CANNOT GO TO PLAY WITH THE THERAPIST



WHY NOT ?



IN



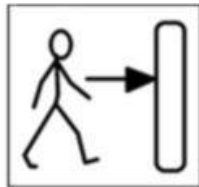
ITALY



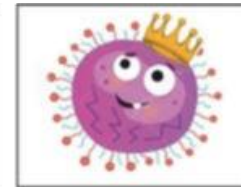
IS



COMING



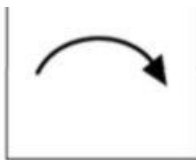
THE CORONAVIRUS.



CORONAVIRUS MAKES



PEOPLE



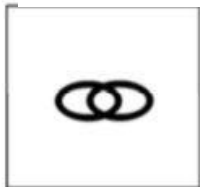
SICK



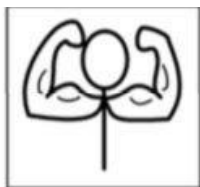
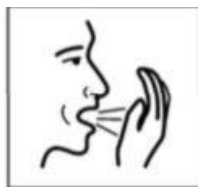
SICK



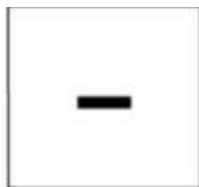
WITH



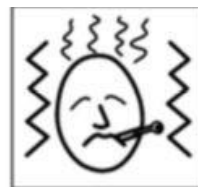
SEVERE COUGH



AND



FEVER

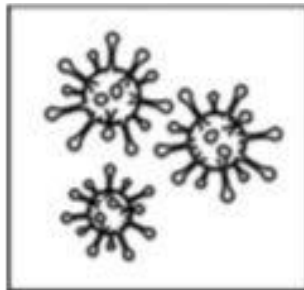




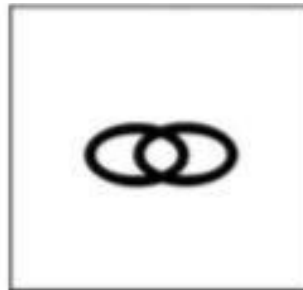
THE



VIRUS



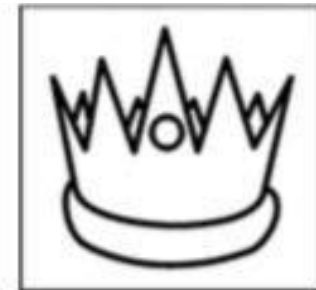
HAS



THE



CROWN

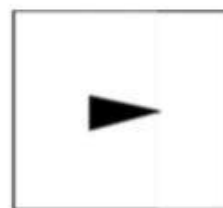
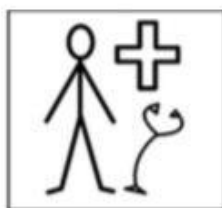


DOCTORS

ARE

TREATING

SICK PEOPLE



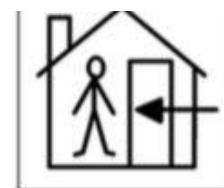
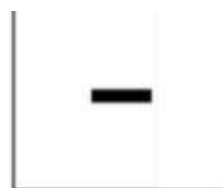
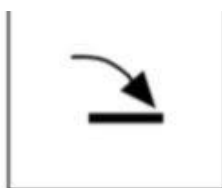
BUT

TO

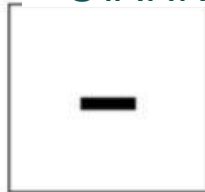
HELP THEM WE HAVE

TO

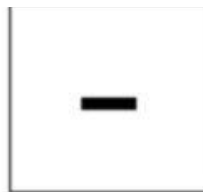
STAY AT HOME!



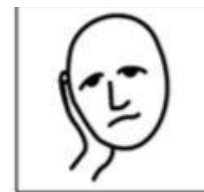
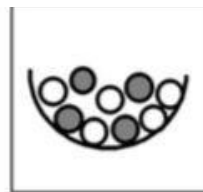
STAYING HOME



IS



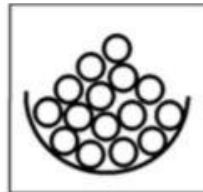
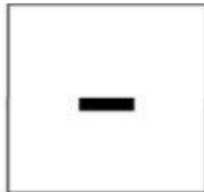
A BIT BORING



BUT



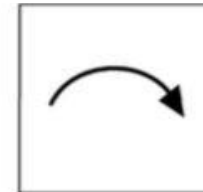
THERE ARE MANY



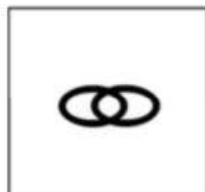
FUN GAMES



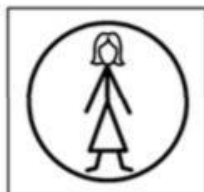
TO DO



WITH



MUMMY



AND

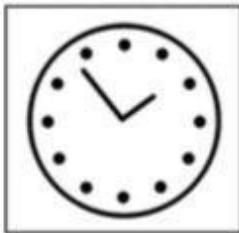


DADDY

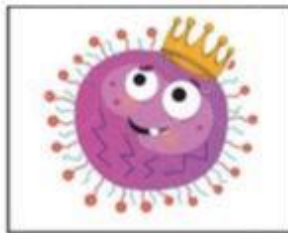




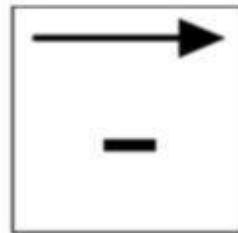
WHEN



CORONAVIRUS



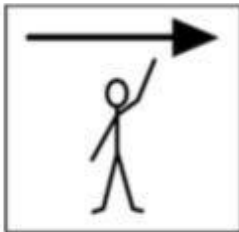
IS



GONE AWAY



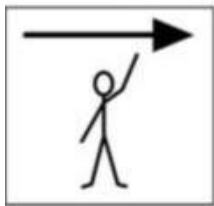
YOU CAN



LEAVE YOUR HOME



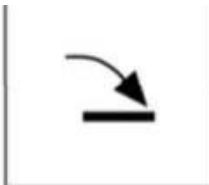
YOU CAN LEAVE YOUR HOME



GO



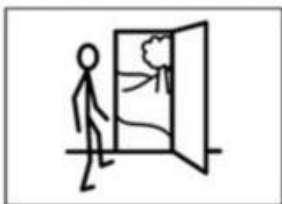
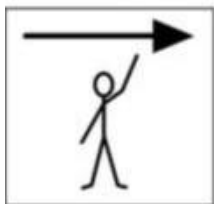
TO



SCHOOL



YOU CAN LEAVE YOUR HOME



AND



GO



TO PLAY



WITH

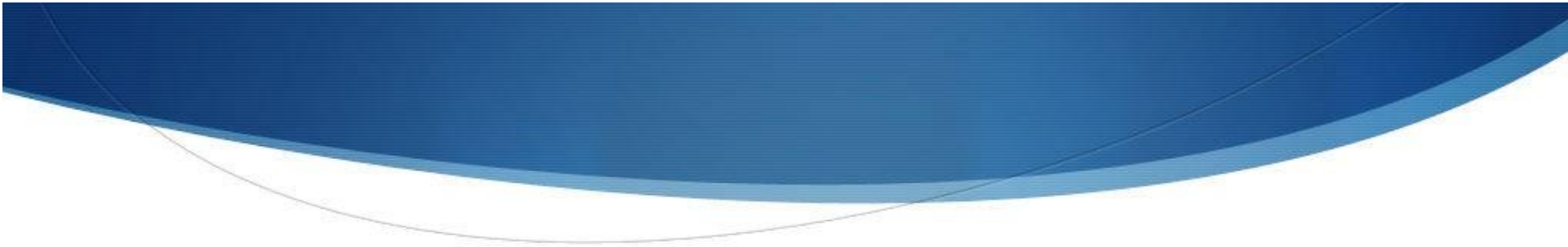


THE



THERAPIST





Dear Parents and Caregivers, we  
cannot meet you in our clinics but  
we want to support you.

With children, it is important not  
to deny what is happening, and we  
want to be careful not to over-  
expose them.



SOME INFORMATION FOR YOU



# 1. CHOOSE INFORMATION

- ◆ Children need CLEAR and TRUE information, according to their age, so that they can understand.
- ◆ It is important not to expose or over-expose children to images and news that are not suitable for their level of understanding.
- ◆ Choose 1-2 times a day to check the news or look for information on the web TOGETHER, in order to explain what emerges, make it understandable, and reassure children through a realistic and positive-oriented focus. Explain to children that there are many people dealing with Coronavirus and highlight these aspects when they emerge on TV and on the web.

## 2. MAKE CHILDREN FEEL SAFE

- 💧 Help children continue living as children: they should play, talk about fun things, do their homework and learn new things.
- 💧 Children need to be with mom and dad and other people they trust without seeing only their frightened and alarmed faces.

Remember that children are small but they notice your emotions and state of mind.



## 2. MAKE CHILDREN FEEL SAFE

- ◆ To feel safe, a child needs to be with an adult capable of transmitting affection and mastery. Adults need to show self-control first.
- ◆ Children notice adults' inconsistencies. For example, if you say: "*There is no need to be afraid*", but you are upset by the empty supermarkets shelves, you can cause confusion and the child will not know whether to trust you.
- ◆ Trust is essential to give security.

## 2. MAKE CHILDREN FEEL SAFE

💧 Remember that if you cannot calm yourself down, you cannot make your child feel safe! In these cases, seek support from another family member, the community, the network of friends or refer to clinicians.

# DEAR TEACHERS

Reassure your students with positive messages of emotional closeness. Use the same daily greeting you would use if you were in the classroom.

- 💧 Maintain a routine even for the youngest children in **kindergarden**:
  - 💧 Say good morning and the calendar together, send pictures or your video greeting to the parents' WhatsApp group.
  - 💧 Propose creative works to do at home.
  - 💧 Read a story for them.

# DEAR TEACHERS

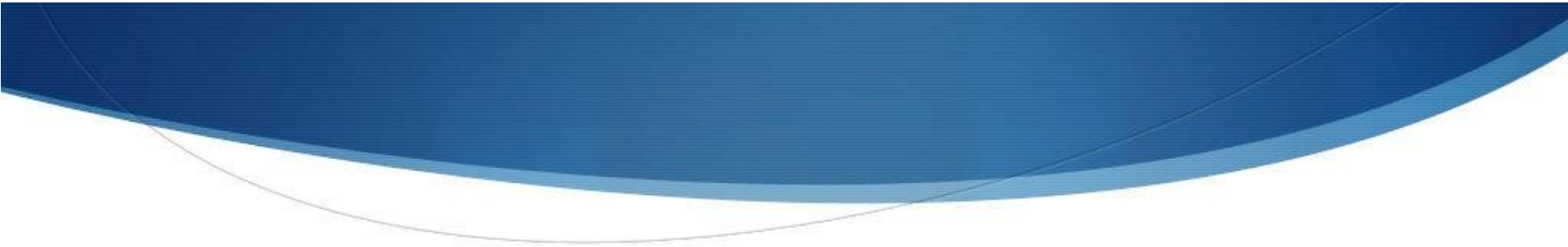
- ◆ **In Primary and Secondary School:**
  - ◆ Repeat some aspects of scholastic routine, for example give tasks and indicate the days of the week in which to perform them.
  - ◆ Correct the tasks together in the virtual class.



# DEAR TEACHERS

## 💧 In High School:

- 💧 Use the web for teaching as well. Send messages and video messages to the class group, give a timetable for the subjects.
- 💧 Assign regularly scheduled tasks and ask students to send feedback on their work.
- 💧 Correct the assignments together in the virtual class.
- 💧 Stay connected also with an individual message for each student. Maybe the teaching team can divide the students in order to maintain a close relationship channel.
- 💧 Remember that intense and wide-ranging emotions emerge in adolescence and there may be conflicts with the parents. Having another adult to communicate with is important!



Even if we are far away, do not hesitate to ask us  
for support for you or your children.



CONTACT US

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Cimorelli