



# DCF COVID-19 Daily Update

MARCH 20, 2020

## PROTECTING STAFF WHO PROTECT CHILDREN AND FAMILIES

### Help Families Keep Their Children Feel Secure

COVID-19 is creating anxiety for all of us -- not just as professionals -- but also in our personal lives as we fulfill our roles as family members and loved ones. The children and families we serve are experiencing exactly the same. When checking in with parents and caregivers on the wellbeing of their children and families, please consider talking to them about how their words and actions affect their kids and how avoiding excess exposure to news reports about COVID may be helpful.

For example, parents should remain calm and reassuring and make themselves available to talk and listen. Children benefit from honest and accurate information, including what everyday actions they can take to reduce the spread of germs, such as washing their hands thoroughly and frequently.

For specific tips you might share, please offer this information from the CDC about helping children feel secure in a stressful time.

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

For an age appropriate resource that the parents/caretakers can directly share with their children, look at this too please and share it!

English version: <https://www.gizmo4mentalhealth.org/wp-content/uploads/2017/09/GizmoPawesome.pdf>

Spanish language: <https://www.gizmo4mentalhealth.org/wp-content/uploads/2019/10/GIZMO-spanish.pdf>

## Virtual Visitation Options

If the change in visitation is approved by the chain of command in consultation with the RRG nurse and DCF Medical Director, we must offer visits through these “virtual” or “remote” methods:

Skype <https://www.skype.com/en/>

Face Time <https://support.apple.com/en-us/HT204380>