

TALKING TO YOUR SCHOOL-AGED CHILD ABOUT CORONAVIRUS

#PGCCOVID19



KEEP UP YOUR ROUTINE—FOR SCHOOLWORK AND IN GENERAL

- Keep a normal routine as much as possible, including the same bedtimes and wake up times, but be flexible when anyone is overwhelmed or needs some extra attention or relaxation.
- Your child's school has probably set up lesson plans and resources for you to use at home. Try to set aside the same time each day for schoolwork. Give plenty of breaks—it is important to not expect them to sit in front of screens or do work all the time, and it is important to give yourself a break too.
- Prince George's County Public Schools has posted some recommended activities that can be downloaded and completed on paper or accessed online.
www.pgcps.org



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