

- Families should scan and email any supporting documentation required by the childcare centre, such as vaccination records, to eliminate the handling of original/paper documents.
- Whenever possible, communication with families should be done via email or phone. If an in-person meeting is required, ensure that all parties remain 2 meters apart.

Providing Support and Reassurance

Being a positive role model is an effective strategy to help reduce fear and anxiety as well as a way to promote healthy behaviours. Remember that children are often listening when you talk to others about COVID-19.

Maintain familiar routines and activities to reinforce a sense of security.

- Refer to Public Health Ontario's Information on how to self-monitor
<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en>
- Acknowledge concerns and provide reassurance about personal safety and health.
- Refer parents/caregivers to the RCDHU website for the most up-to-date COVID-19 information.
- Help identify when sources of misinformation are circulating and correct this information when it occurs.
- Further guidance is available from the World Health Organization to help children cope with stress.

This document was created in consultation with the Renfrew County and District Health Unit and is in alignment with requirements and recommendations from the Ministry of Education.