



C.A.R.E.S. Clinic

AT EL PASO CHILDREN'S HOSPITAL

Child Abuse Protection Team

Understanding Social Distancing for Kids

WILL I GET SICK? WILL MY PARENTS GET SICK?

Let your child know you are doing everything you know to make sure everyone in the family stays as healthy as possible and that if someone does get sick, then you will do everything you know to make them feel better.

WHY DO I HAVE TO WASH MY HANDS SO MUCH?

Let your child know this is the most important thing people can do to protect themselves and others during this pandemic. Try to make it fun by singing the "Happy Birthday" song twice or the ABC song!

WHEN CAN I GO BACK TO SCHOOL?

Kids might initially be excited to get out of going to school, but that also means taking away something that's a constant in their lives. Reassure your child that you are staying up to date on when they may be able to start school again, but that you want to make sure they can return when "everybody can stay healthy."

WHEN CAN I VISIT MY FRIENDS OR MY GRANDPARENTS?

Let your child know they can keep in contact with grandparents and others through phone calls, Facetime or even letters, if they don't have access to mobile devices. You can also tell your child that "the safer we are, the sooner we're going to get to see family and friends."

IF MY PARENTS ARE HOME, WHY DO THEY HAVE TO WORK INSTEAD OF PLAYING WITH ME?

Let your child know you are home with them to make sure the family is safe and stays healthy and well, but that you still have to work. You can let your child know when you might be able to take a break and play with them. In the meantime, give your child an activity so they can do something while they wait.

**FOR MORE INFORMATION
OR ADDITIONAL RESOURCES,
PLEASE CONTACT THE C.A.R.E.S. CLINIC**



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