



Fondazione  
**Don Carlo Gnocchi**  
Onlus



# CHILDREN NEED TO UNDERSTAND WHAT IS HAPPENING

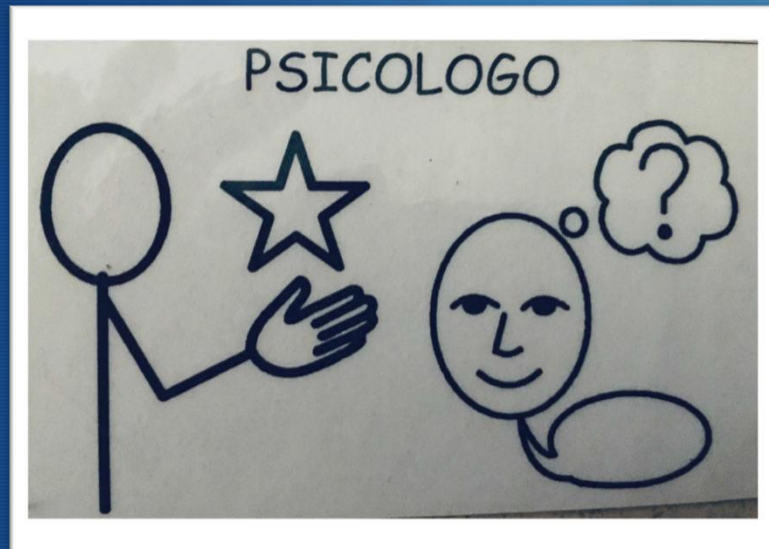
Tips for parents, caregivers, teachers, grandparents.  
What to say and how to say it

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

Alessia Incerti-Martina Tarantola-Flavio  
Cimorelli



# TEXT BY



- Dr. ALESSIA INCERTI  
Psychologist, psychotherapist,  
Trauma & EMDR Outpatient  
Fondazione Don Carlo Gnocchi Clinic  
center - Pessano C / B- Milan Italy

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

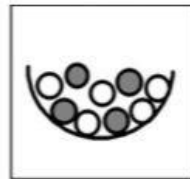
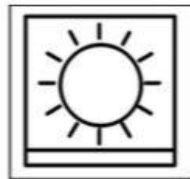
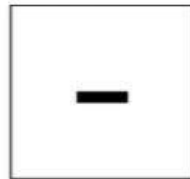
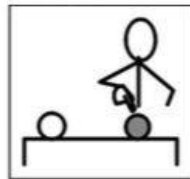
# What is happening?

How to explain the situation to children that don't know or can't read.  
Use AAC symbols



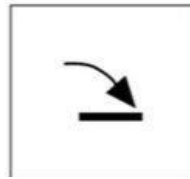
# What is happening?

DEAR CHILDREN

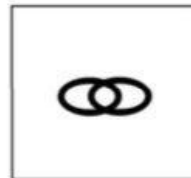
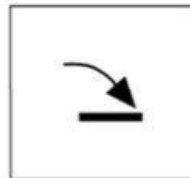


THESE ARE SOME SPECIALS DAYS

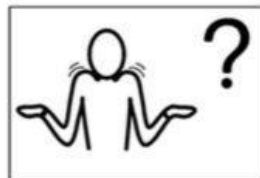
YOU CANNOT GO TO SCHOOL



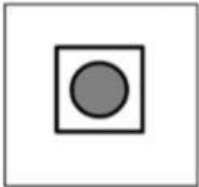
YOU CANNOT GO TO PLAY WITH THE THERAPIST



WHY NOT ?



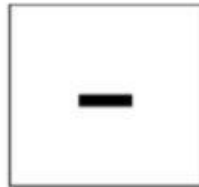
IN



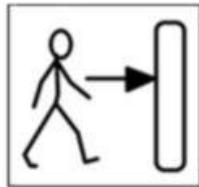
ITALY



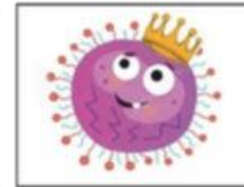
IS



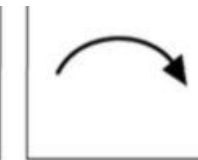
COMING



THE CORONAVIRUS.



CORONAVIRUS MAKES



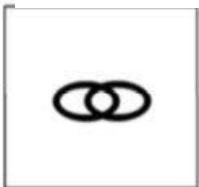
PEOPLE



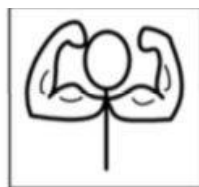
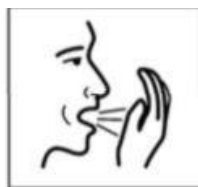
SICK



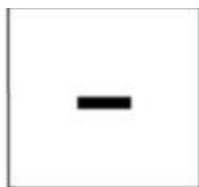
WITH



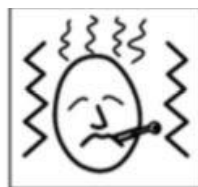
SEVERE COUGH



AND



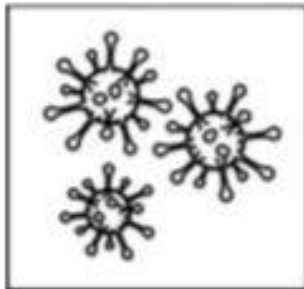
FEVER



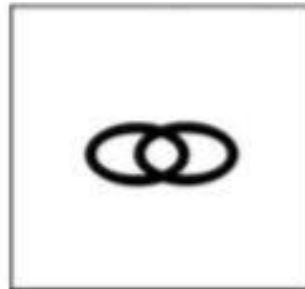
THE



VIRUS



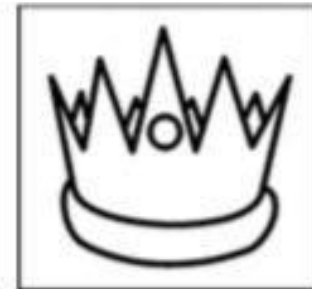
HAS



THE



CROWN



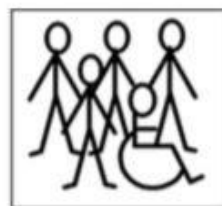
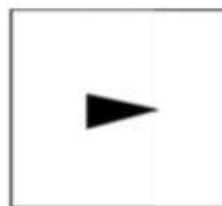
DOCTORS

ARE

TREATING

SICK PEOPLE

:



BUT

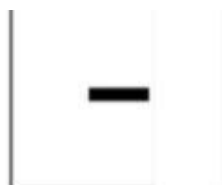
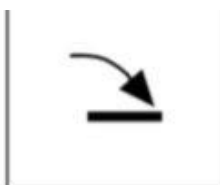
TO

HELP THEM

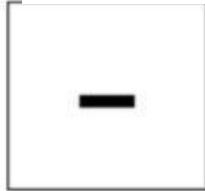
WE HAVE

TO

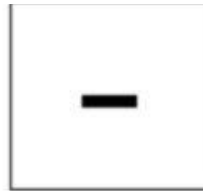
STAY AT HOME!



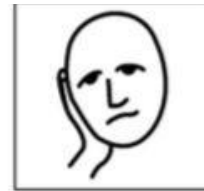
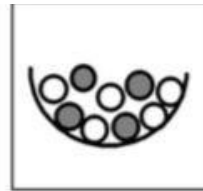
STAYING HOME



IS



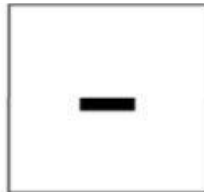
A BIT BORING



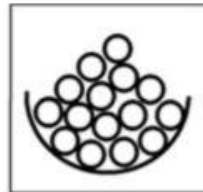
BUT



THERE ARE



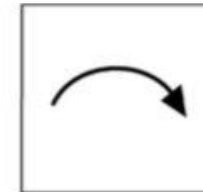
MANY



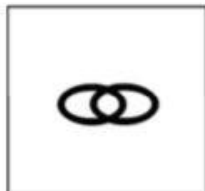
FUN GAMES



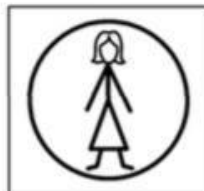
TO DO



WITH



MUMMY



AND

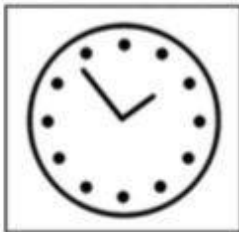


DADDY

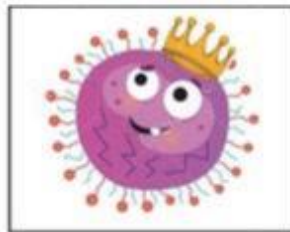
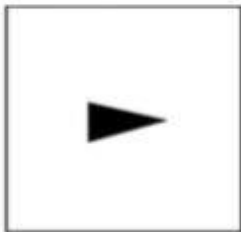




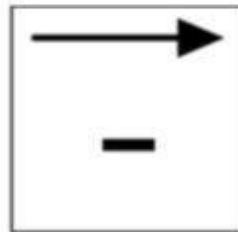
WHEN



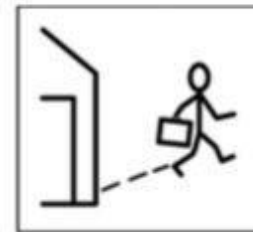
CORONAVIRUS



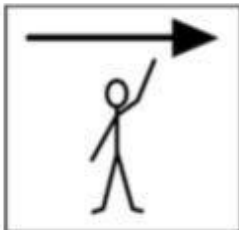
IS



GONE AWAY



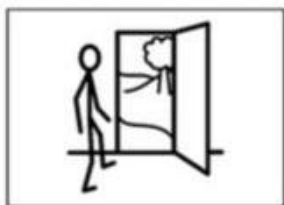
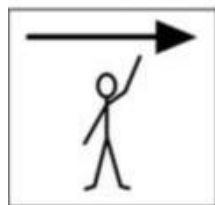
YOU CAN



LEAVE YOUR HOME



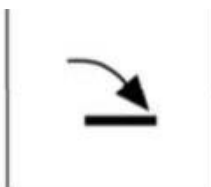
YOU CAN LEAVE YOUR HOME



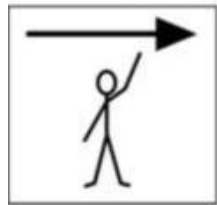
GO

TO

SCHOOL



YOU CAN LEAVE YOUR HOME



AND

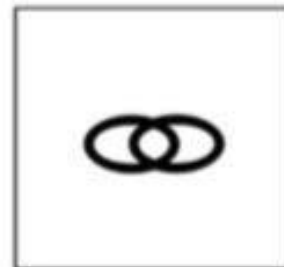
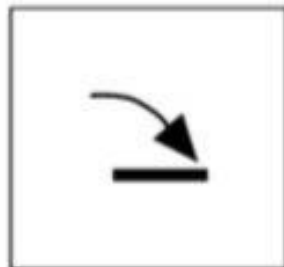
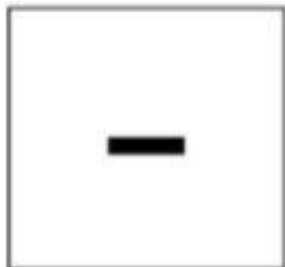
GO


TO PLAY

WITH

THE

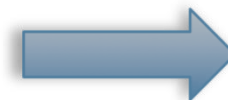
THERAPIST





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, but be careful not to over-expose them.

💧 SOME INFORMATION FOR YOU



# 1. CHOOSE INFORMATION

- ◆ Children need CLEAR and TRUE information, filtered by 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 moments a day to dedicate TOGETHER to check the news or look for information on the web, 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. Self-control first.
- ◆ Children notice adults' inconsistencies. For example, if you say: "*There is no need to be afraid*", but you 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**:
  - ◆ 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 privileged 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

[aincerti@dongnocchi.it](mailto:aincerti@dongnocchi.it)