

In an initiative to serve the community in trying times, we bring to you a weekly series on topics that are relevant to our current lives within our homes.

COPING IN A PANDEMIC



With little time for preparation – mental or physical, our lives have changed drastically over the last two months. While we make arrangements to stock up on basic necessities, work from home and in the home, and understand the situation in our cities, countries and the world, our children are watching. Their routines and lives have changed completely as well. How can we help them cope with this unusual situation? A few parents share their thoughts.

- Bringing awareness about the pandemic and its rules helps them to understand the new situation. Giving clear, age appropriate and truthful facts seems to be the best way to bring about acceptance.

- Spending quality, family time has been a treat for both children and parents.
- Creating a routine helps bring structure to the childrens' days.
- It is a great opportunity to involve the children in the household and help them contribute to the family. Children love to be given responsibilities.
- Connecting with friends and family via technology helps to bridge the gap that social distancing is creating.
- Taking the time to work on our own hobbies inspires children to discover their own.



As this is a situation none of us have experienced before, it can be hard to explain it to children with clarity and very importantly without creating a feeling of panic and fear. To help us, several authors have been putting together resources in the form of infographics and books. Click on the links below and use them to read to or with your children!

[THE STORY OF THE OYSTER & THE BUTTERFLY](#)

[THE NOVEL CORONAVIRUS](#)

[COVID BOOK](#)

[PIPERPOTAMUS LEARNS ABOUT CORONAVIRUS](#)

We would like to thank all the parents who contributed to the newsletter!

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