

COVID-19 Parent Resources

March 11, 2020

Dear Gilpin School Community,

The Gilpin County School District Crisis Response Team (CRT) continues to closely monitor the [COVID-19](#) global outbreak. You can stay updated on Colorado reported cases at the [Colorado Department of Health and Environment website](#).

Now is the time for parents and educators to talk with your children/students to hear their concerns about COVID-19. One good resource to guide conversation between an adult and a child is [Talking to Children About COVID-19 \(Coronavirus\) A Parent Resource](#), from the National Association of School Psychologists.

"Concern over this new virus can make children and families anxious. While we don't know where and to what extent the disease may spread here in the United States, we do know that it is contagious, that the severity of illness can vary from individual to individual, and that there are steps we can take to prevent the spread of infection. Acknowledging some level of concern, without panicking, is appropriate and can result in taking actions that reduce the risk of illness. Helping children cope with anxiety requires providing accurate prevention information and facts without causing undue alarm" (NASP, 2020).

Another good resource for adults to share with children is the information in the [Coronavirus Disease 2019 \(COVID-19\) Fact Sheet](#).