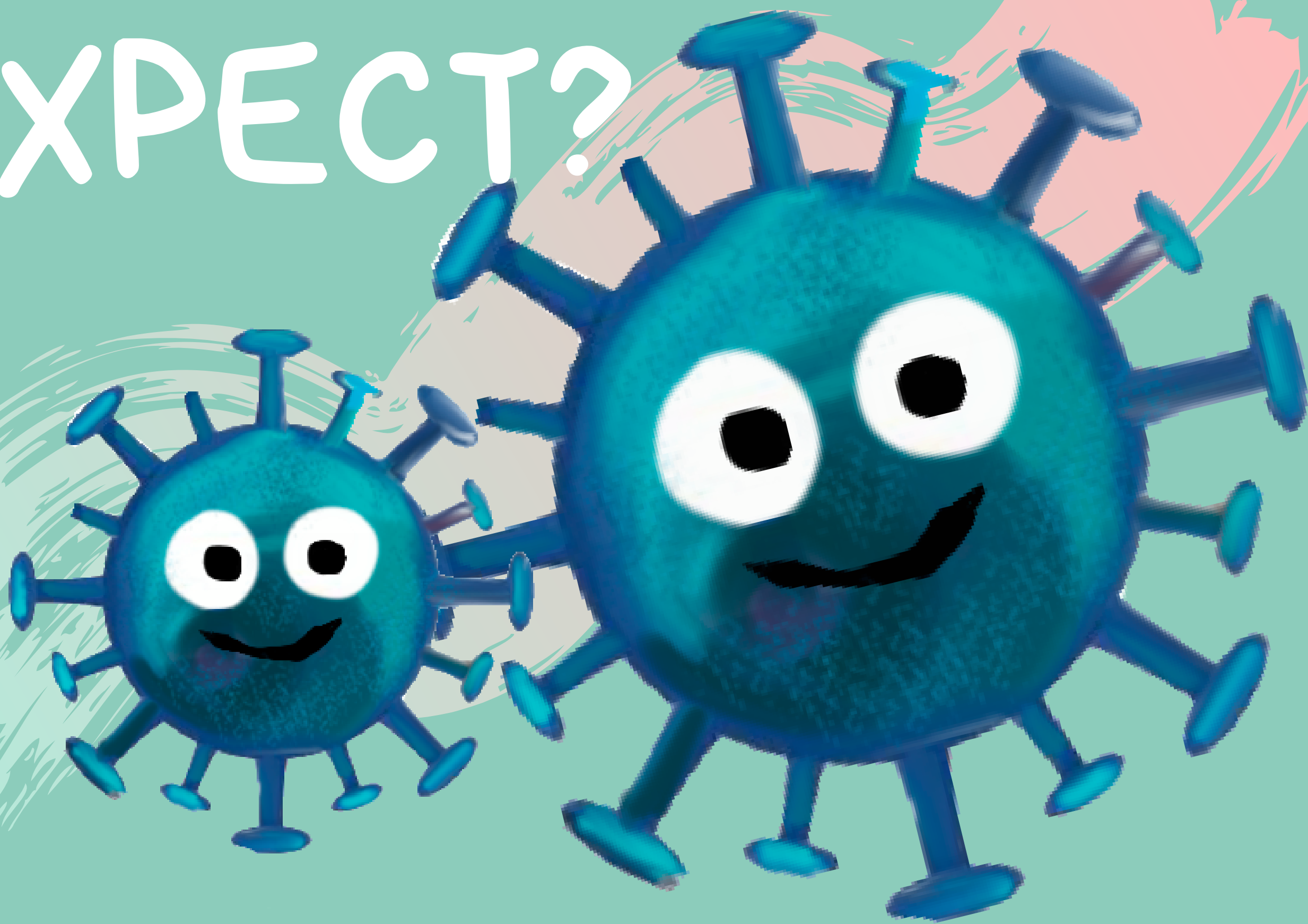


MR.

CORONAVIRUS:

WHAT TO

EXPECT?



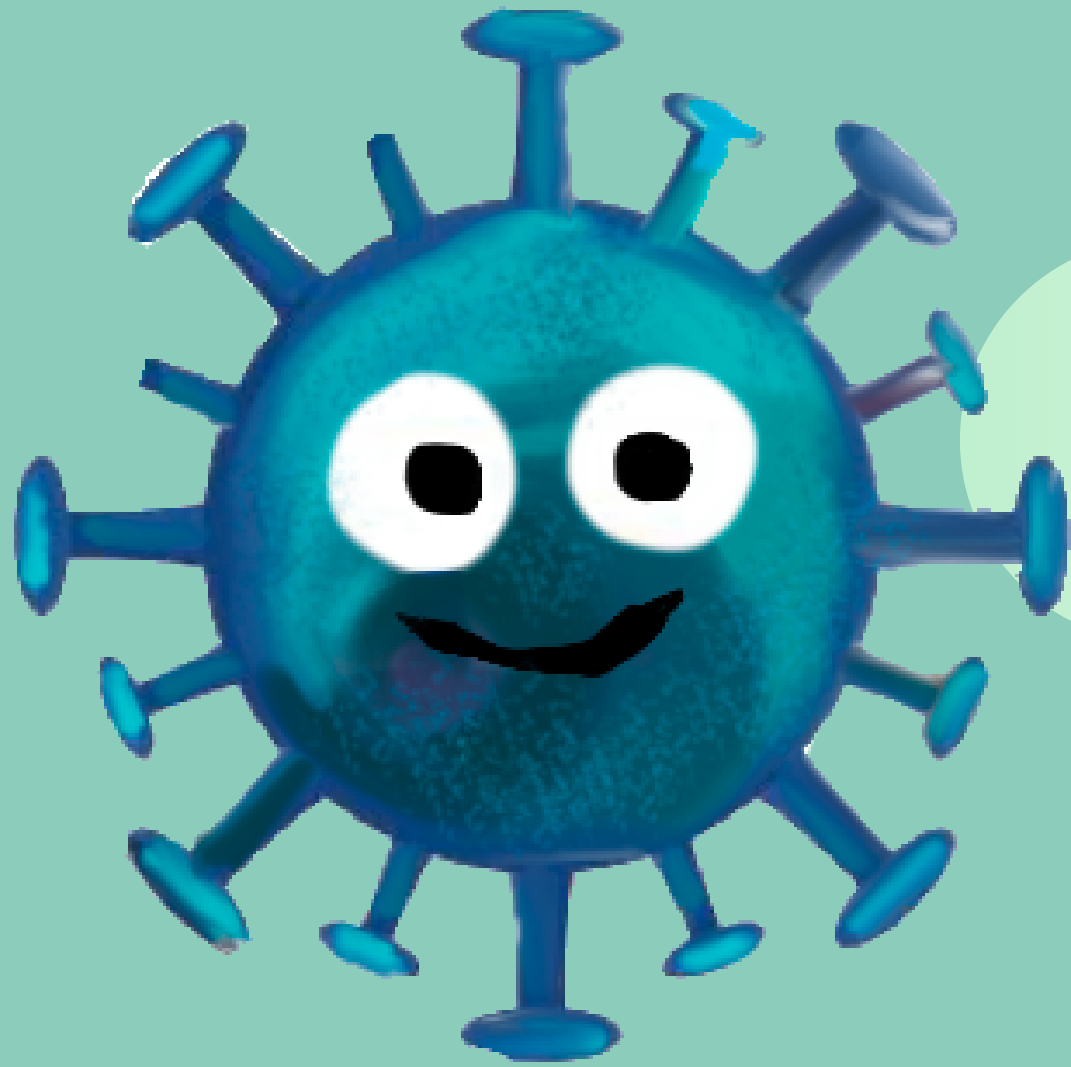
A·PE·GO!

*By: Daniela Troya*



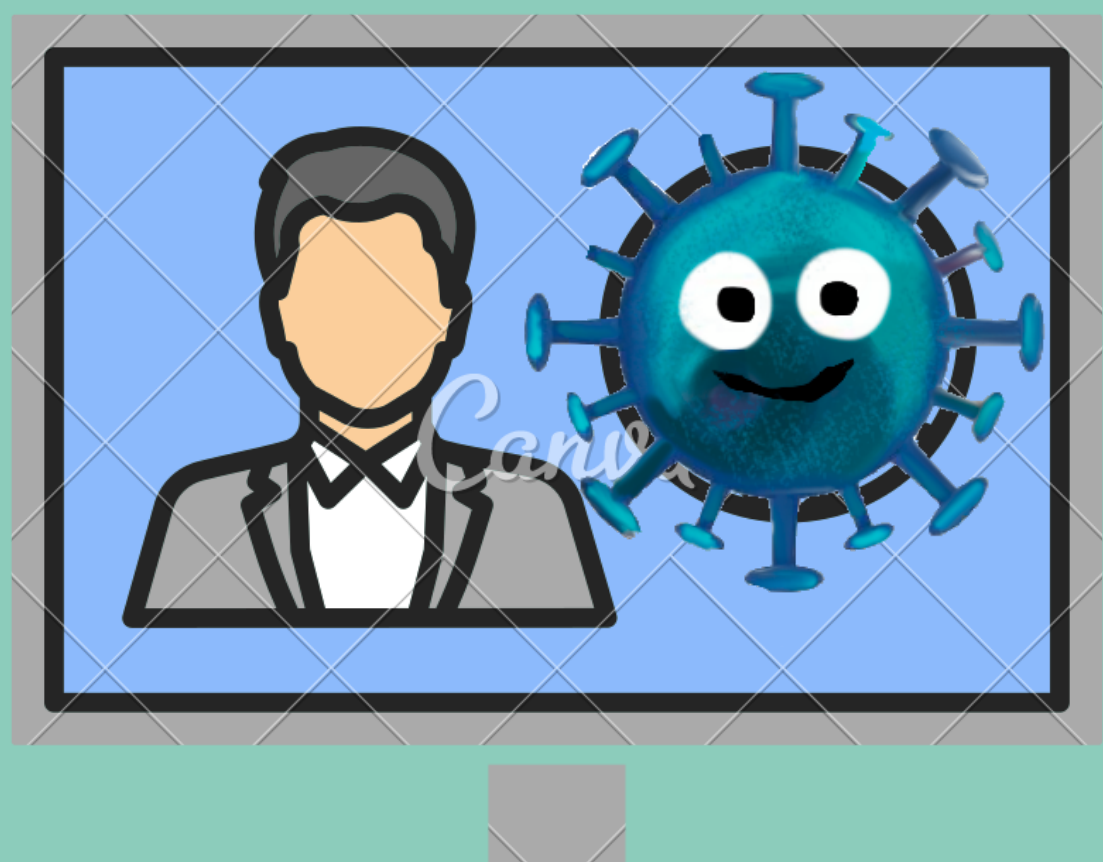
Daniela Troya Malo, Psychologist

Ana Francisca Fernández-Salvador Larrea, Psychologist

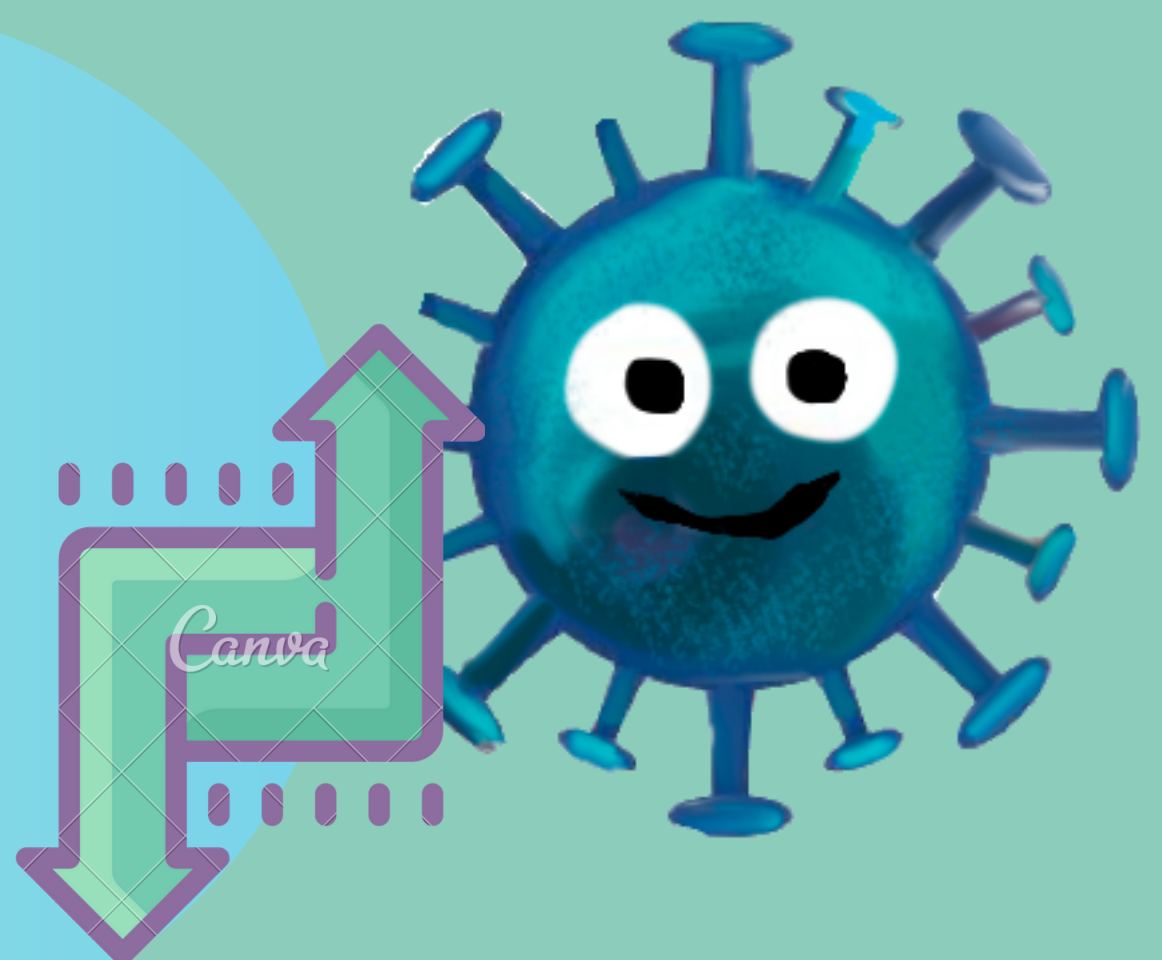


Hello! I'm  
sure you already  
know who I am ...

I have become very popular, people talk  
about me on TV, in the news, within  
families, everywhere!

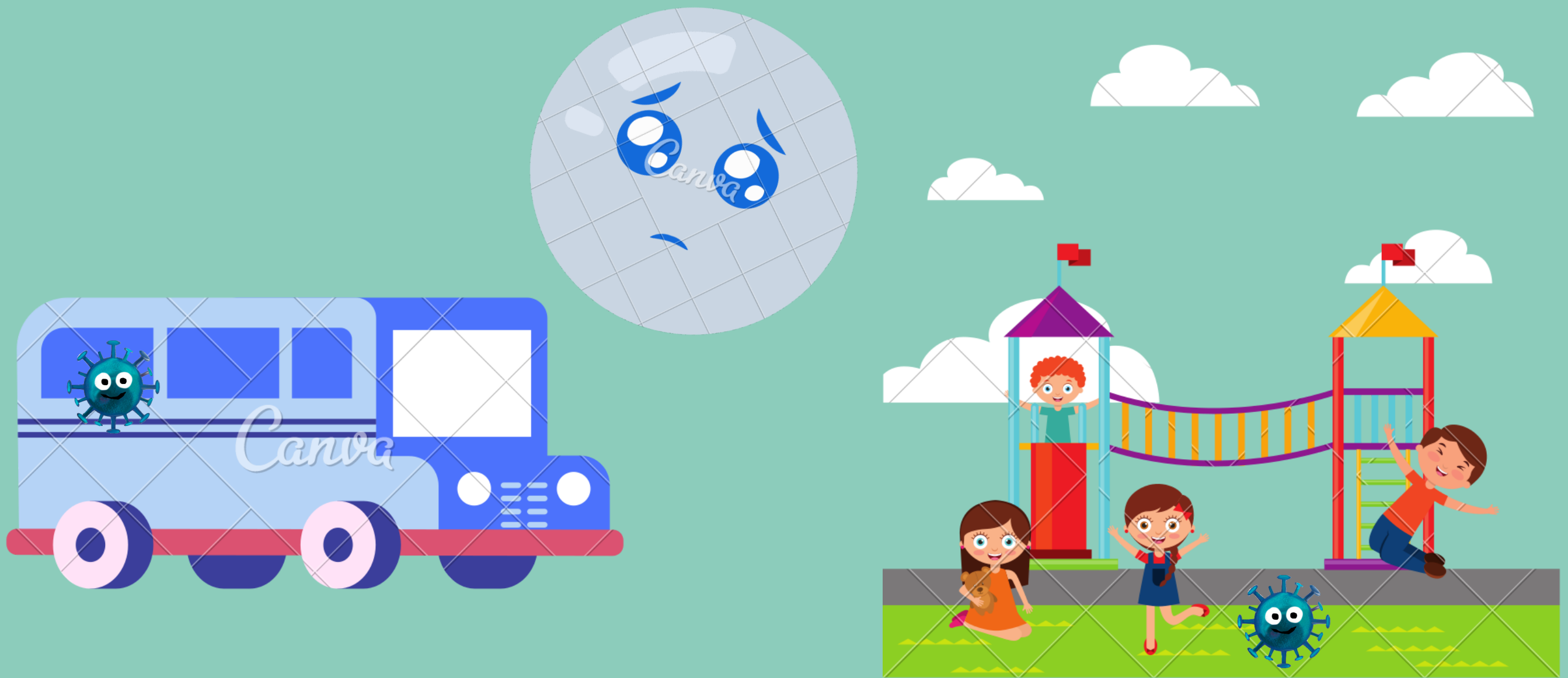


I think that by  
now you probably do  
not like me very much,  
since you know that  
your life has changed  
a lot because of me.

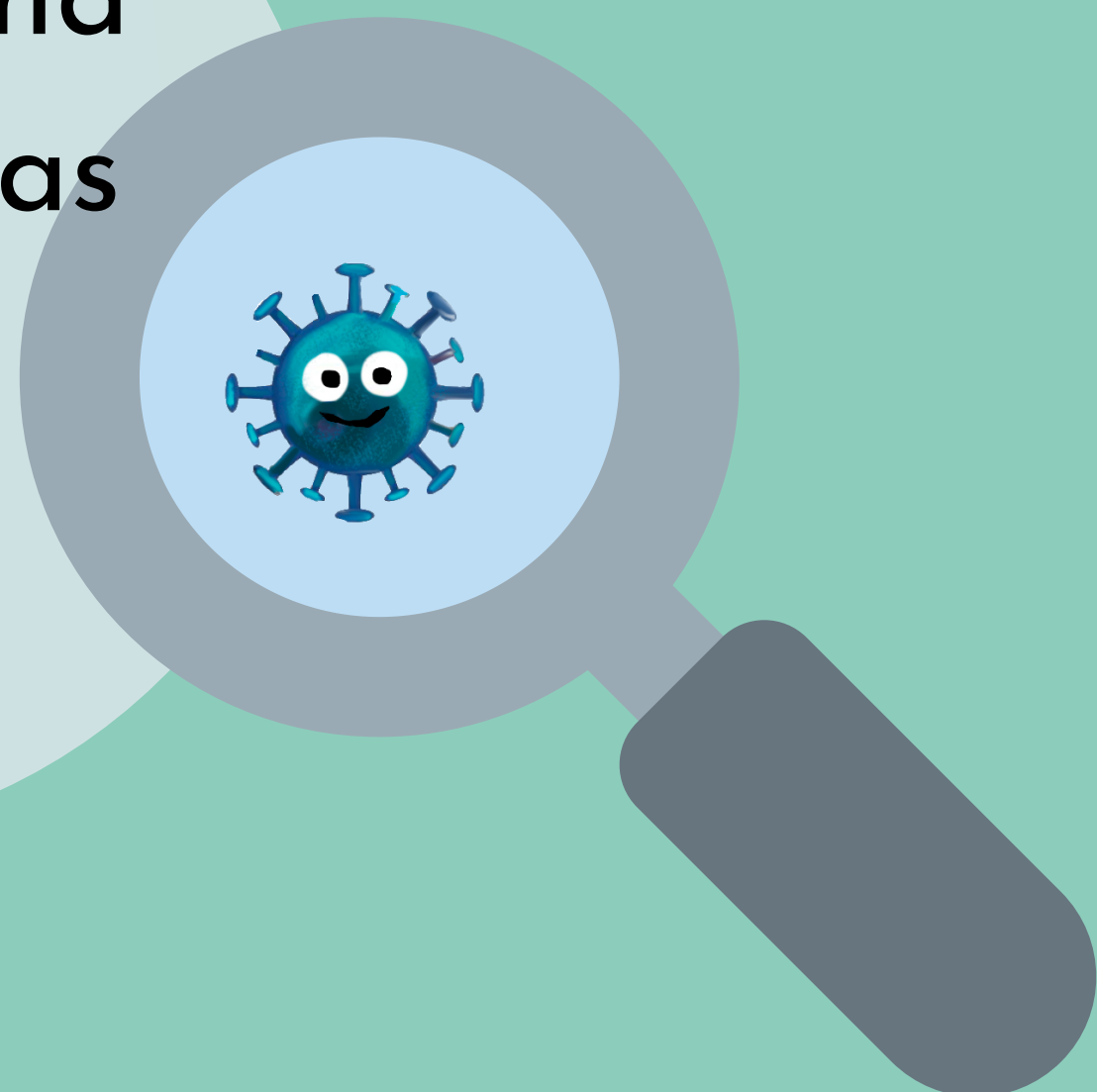




You cannot go to school, or go to the park with friends, no activities in the afternoon, nor do you play with your neighbors.



It is difficult to understand why something as small as ME has managed to generate so many changes in your life.





As you know, I bring flu, cough, and fever to people. This is why adults want to keep you at home, because they take good care of you and they do not want you to get sick.

With all these changes, there are days when you probably feel very confused because your routines, schedules and activities have completely changed







I am sure there are days  
when you want to cry,  
days when you feel upset,  
or sad. It is okay to  
feel this way.

You may have noticed adults  
feel the same emotions.

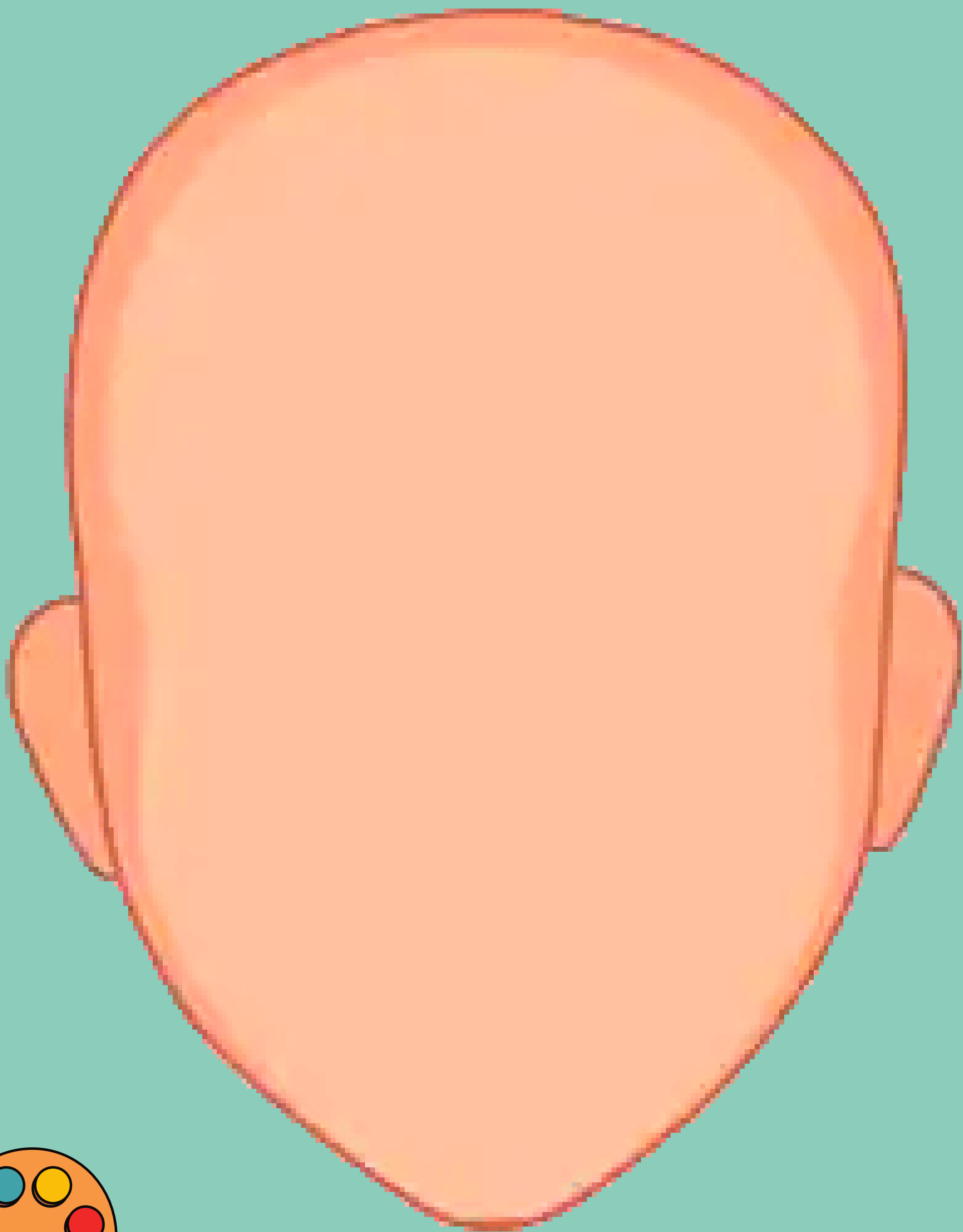
Do you know what helps  
when you feel this way?

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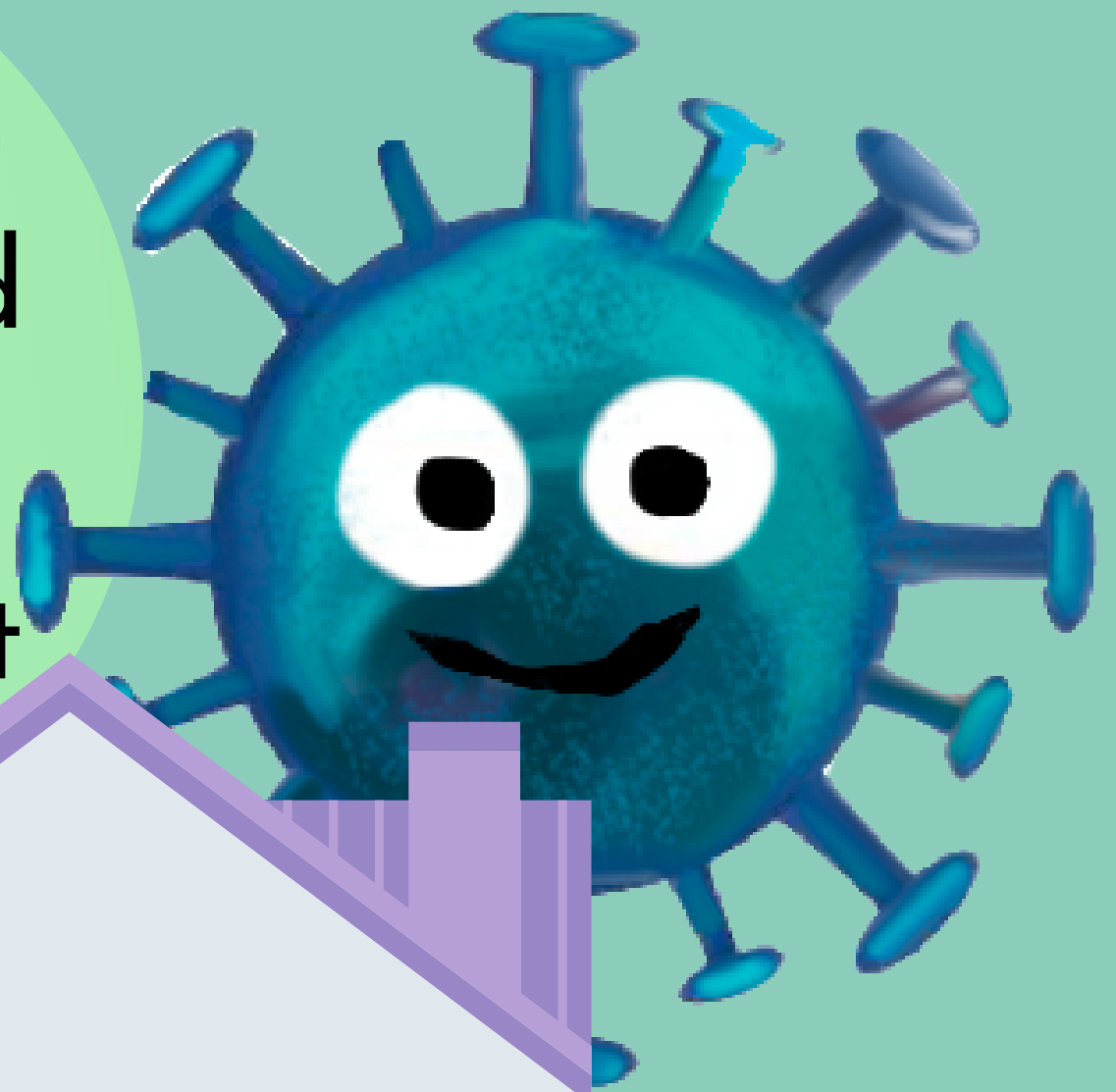
A hug! HUGS can help  
a lot! When YOU feel  
like this, ask the adult  
who takes care of you to  
hug you, and you will  
see how you  
immediately feel better.  
You can also hug them  
if you notice they are  
feeling sad or upset..



I also recommend that you draw on this face how you are feeling, and if you do not want to ask for a hug, show your drawing to the adults so they can understand your feelings.



I will tell you a secret.... In order for me to leave and stop making people sick, **EVERYONE** must stay at home.



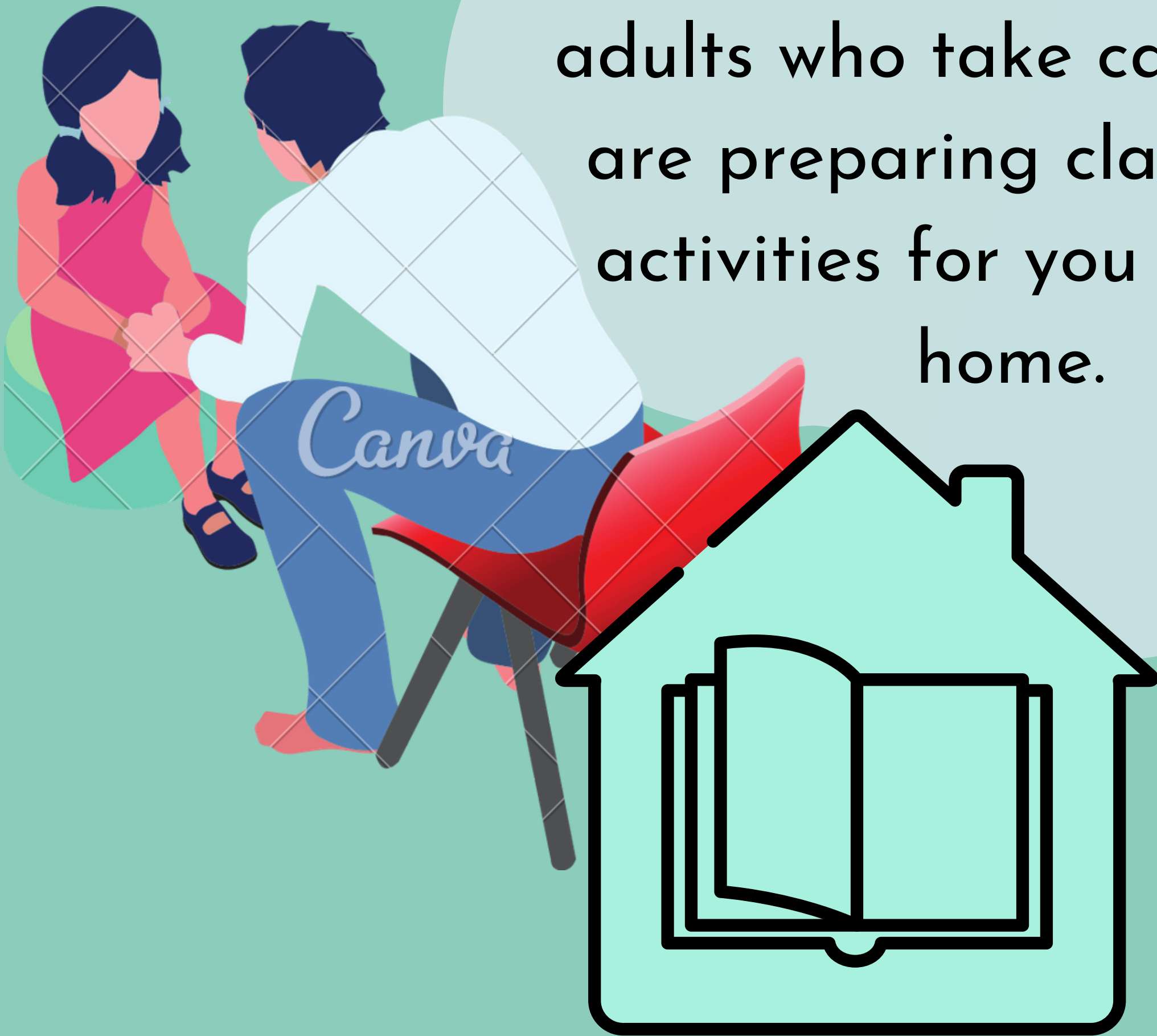
I will explain why ...

If I don't touch people, and there are no people on the streets, I will get weak, and little by little I will disappear...

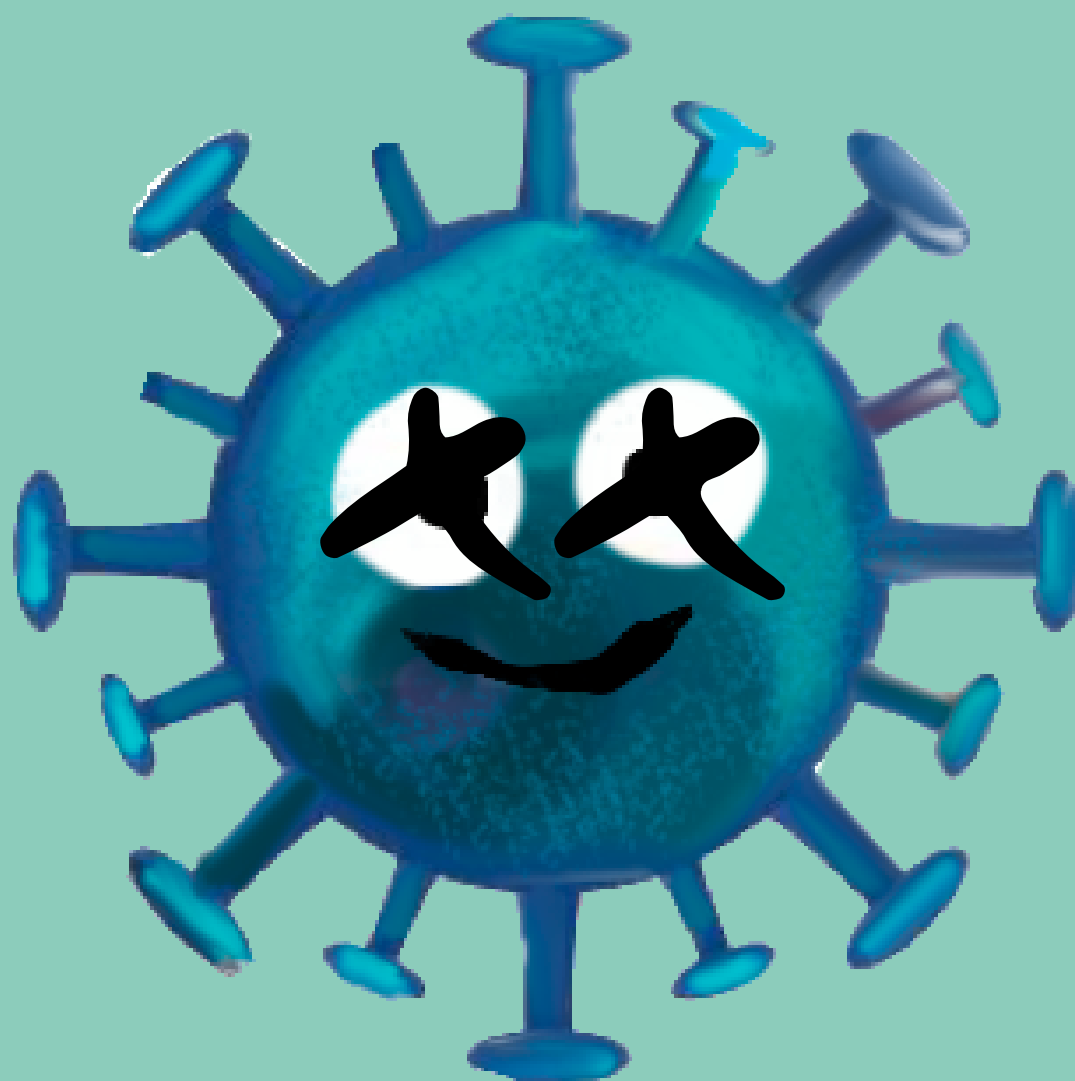


So for me to stop making people sick, **EVERYONE** needs to stay at home.

Your teachers and the adults who take care of you are preparing classes and activities for you to do at home.



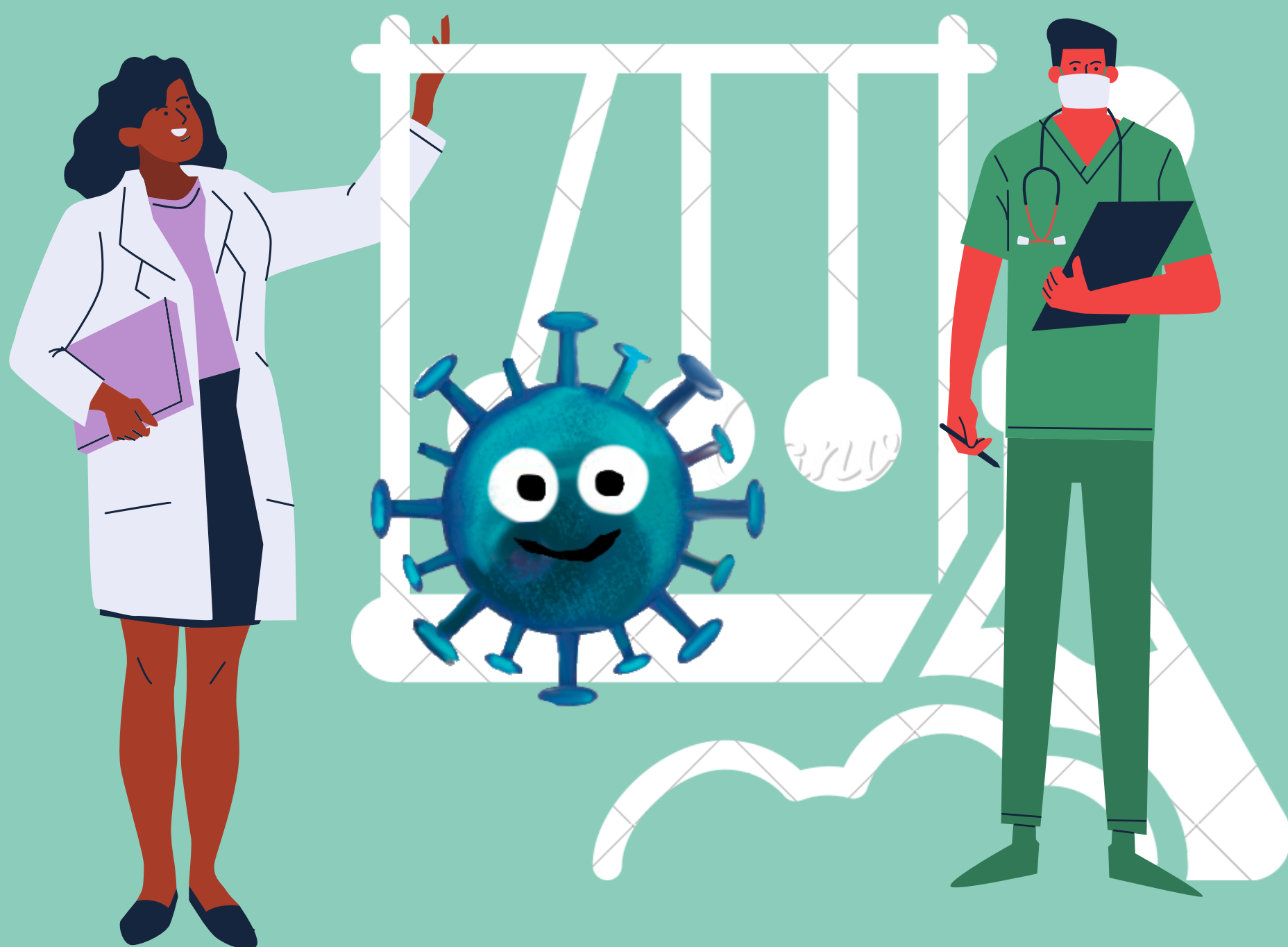
Remember ... every time you stay home and do not go out, I get weaker and weaker and soon I will disappear ...







This means all these changes are **TEMPORARY**.  
You can be sure that when I am gone, you can  
go back to school and see your friends.



Doctors, researchers, and adults want to  
make sure that **NONE** of my  
Coronavirus friends are still on the  
streets, so that when everyone goes  
back to their activities, I cannot touch  
anyone!

So stay calm, you will be at home with the adults who take care of you, we do not know how much longer it will be... But remember the longer you stay at home the weaker I get, and the faster I will disappear!

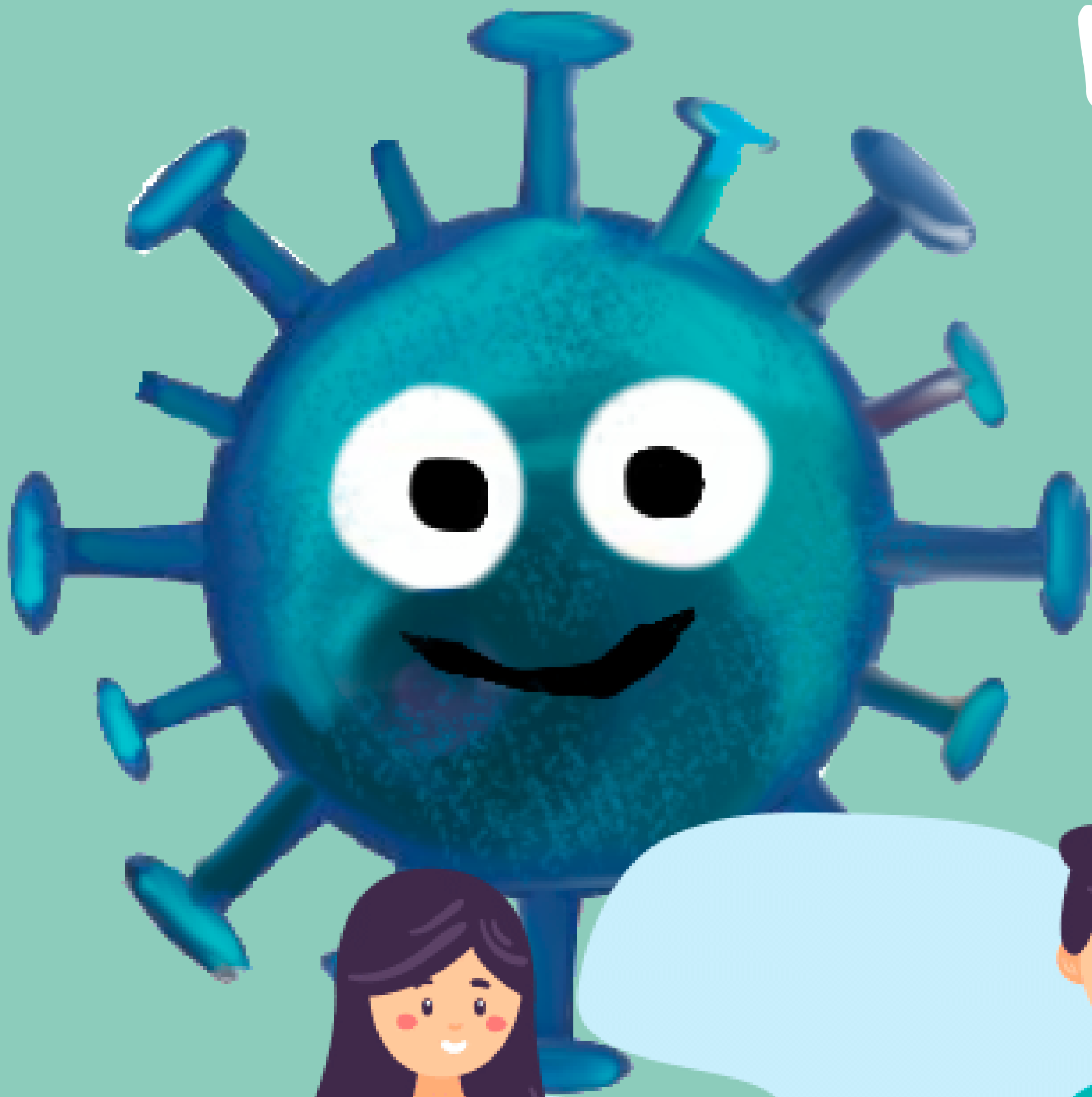


YOU ARE VERY BRAVE!  
KEEP IT UP, STAY HOME.  
REMEMBER THAT BY  
DOING SO I WILL GET  
WEAKER AND WEAKER  
AND DISAPPEAR ...

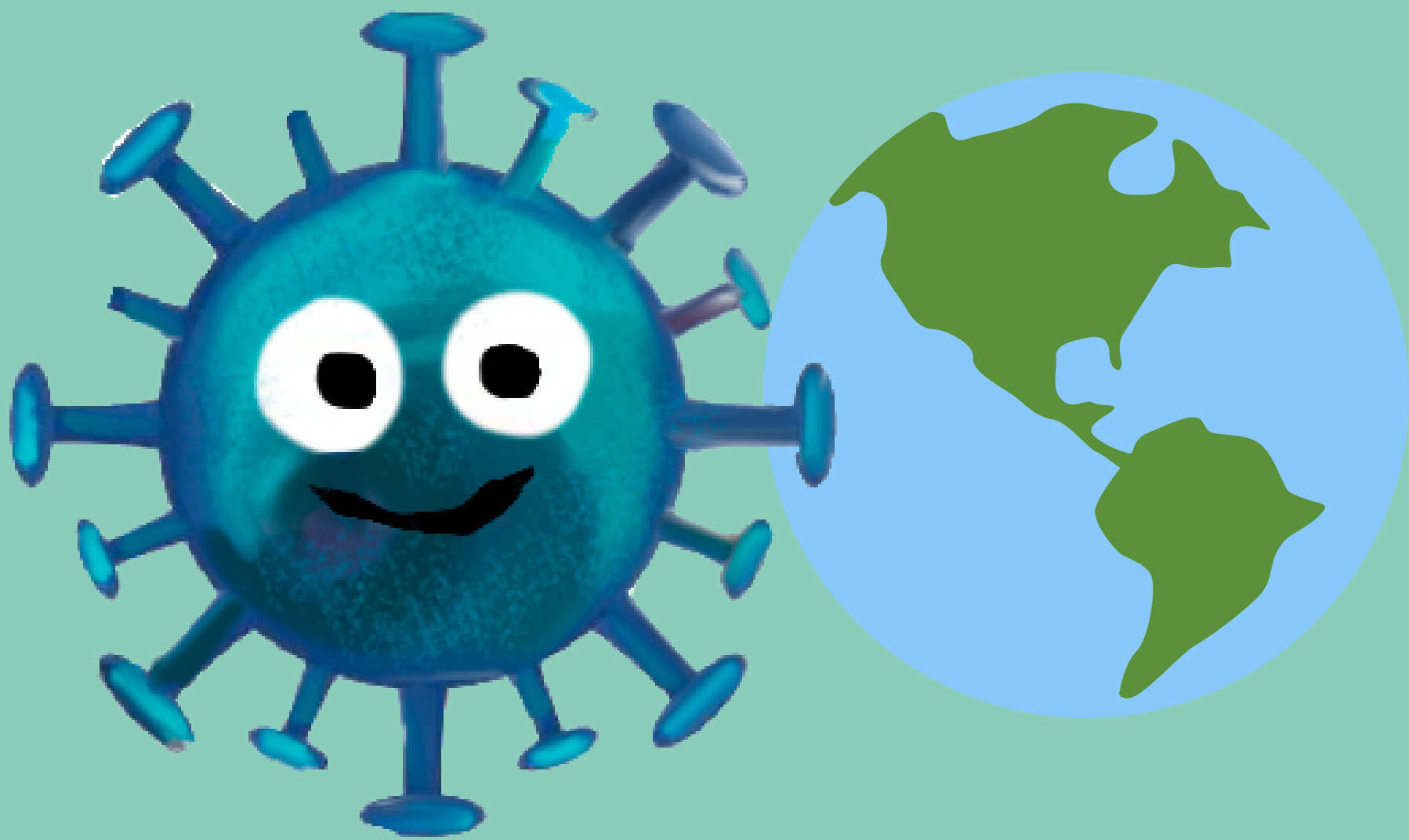
And now I'm going to give the adults who take care of you an amazing guide on how to handle these changes at home and make this time a new and fun experience!



# INSTRUCTIONS FOR MOMS AND DADS



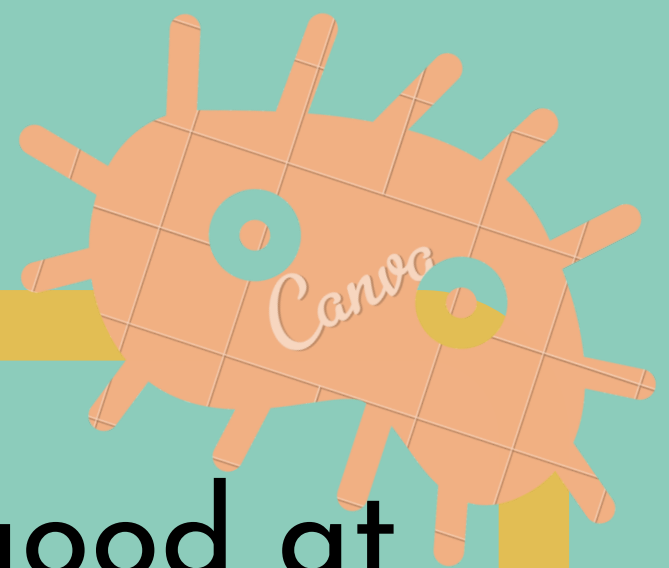
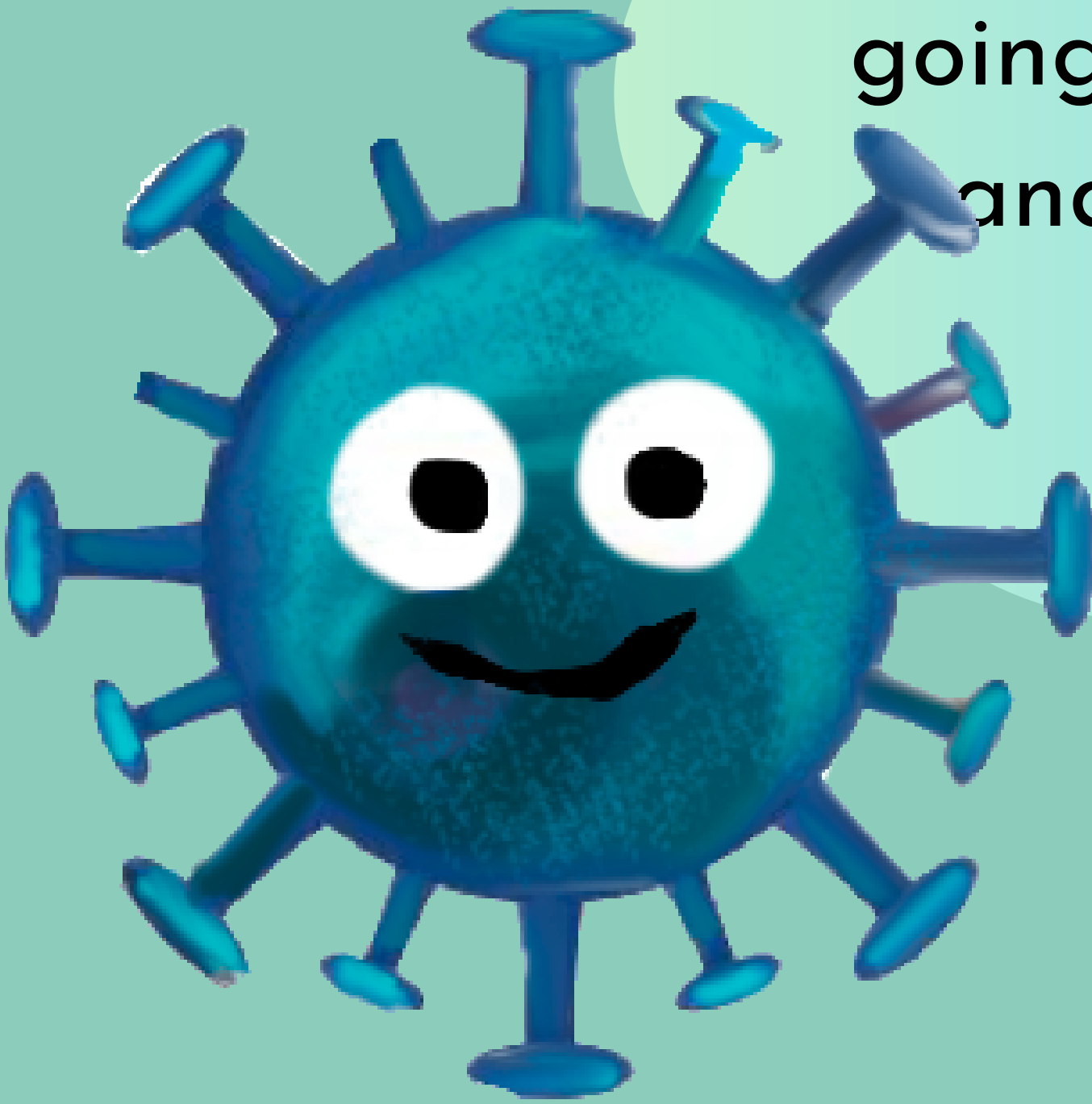




As I know that sometimes you adults are a little worried about me and don't know how to handle the situation, I bring you this guide to help your children have their virtual classes in a better way, and also to support them when they're afraid, as well as to prepare them for when they get back to school!



I need you to be patient  
and bear with me a bit.  
Little by little, in time, I'm  
going to go very far away,  
and everything will go  
back to normal.









i'll tell you a secret! I am very good at  
giving advice, and I will give you some  
very useful tips so that you become  
assistants to your children's teachers.



# ¡Listen carefully!

at school, children have standards to abide by during classes. These help them concentrate and learn while having fun:

-  They sit up and remain still, in order to listen to their teachers without getting tired.
-  They locate themselves in a quiet place, so as not to interrupt the class and so that others can listen as well.
-  They raise their hands and speak in order.
-  They don't eat in class.
-  They don't have the TV on during class.
-  And most importantly, they have a LOT of fun!



# A FEW MORE TIPS:

Children need to have schedules and routines; this gives them order and helps them not to be so confused.



The best way is to do something very VISUAL.



Don't forget to stay by the emotions of your little ones.

Ask them every day:

- How are you?
- Are you all right?
- Are you scared?

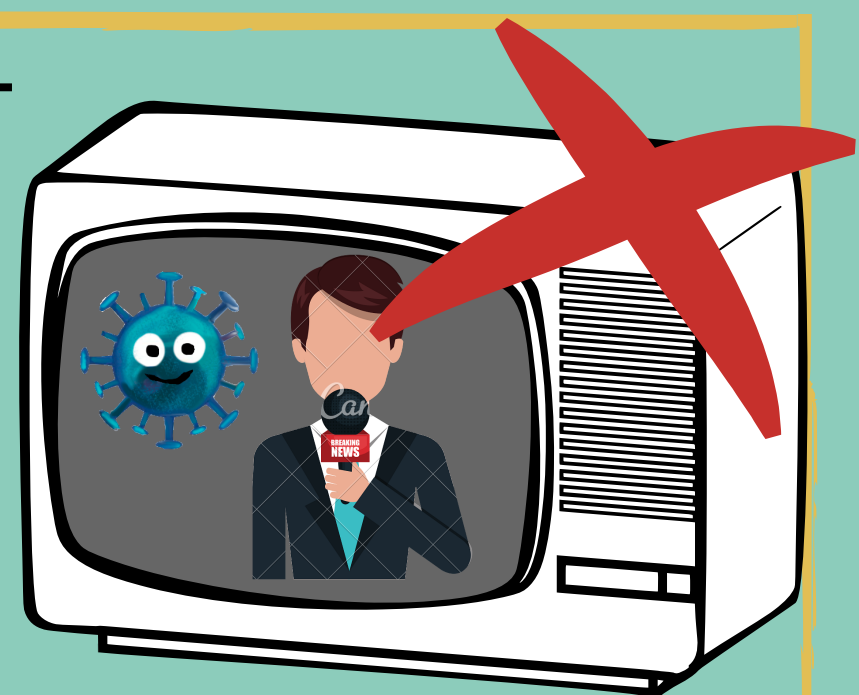


And say to them



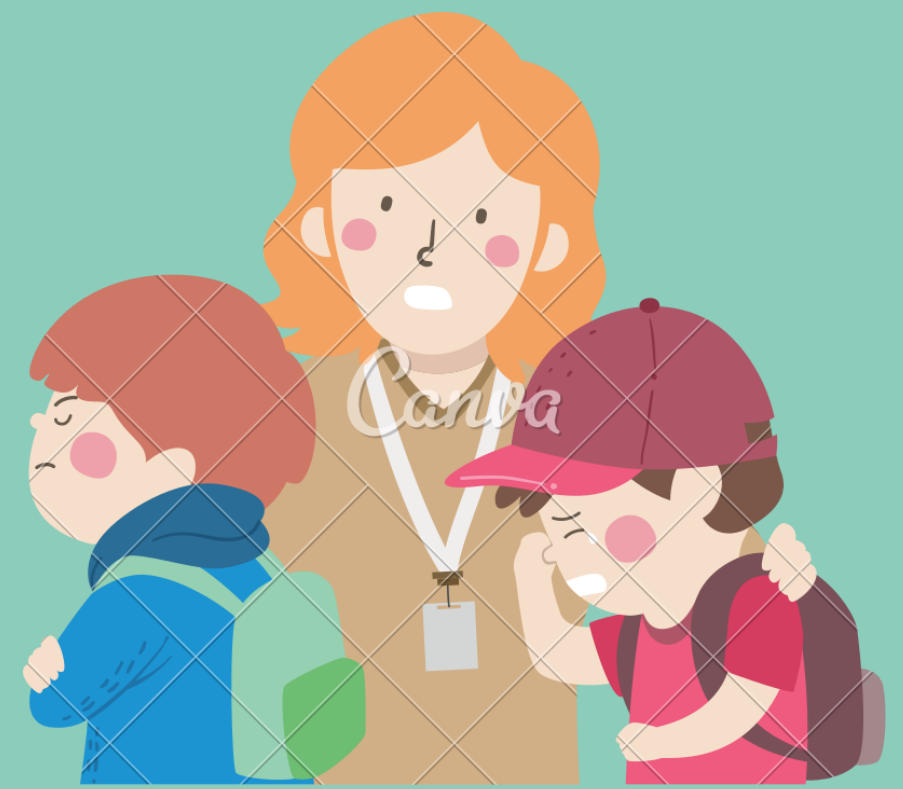
- I hear you
- I understand you
- It's okay to feel what you feel.

I suggest you don't watch news about me on TV when they're around. You think they don't listen to what they say about me, but they're always on the lookout.

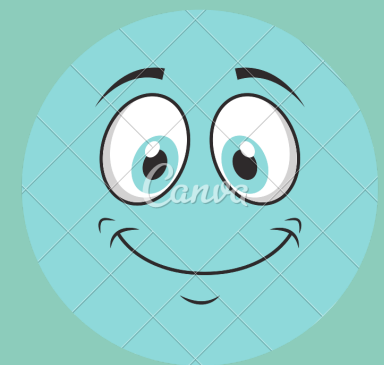
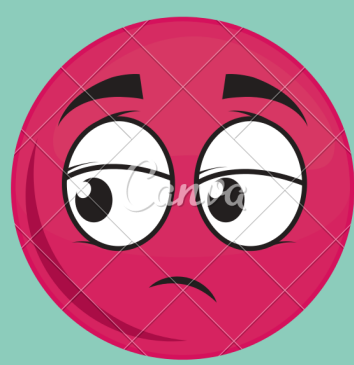


Did you know that when children get very restless, angry, defiant, or sensitive, it's because they want to communicate something?

Listen to them, pay attention to their behaviors, because I promise you, there's something they want to tell you!



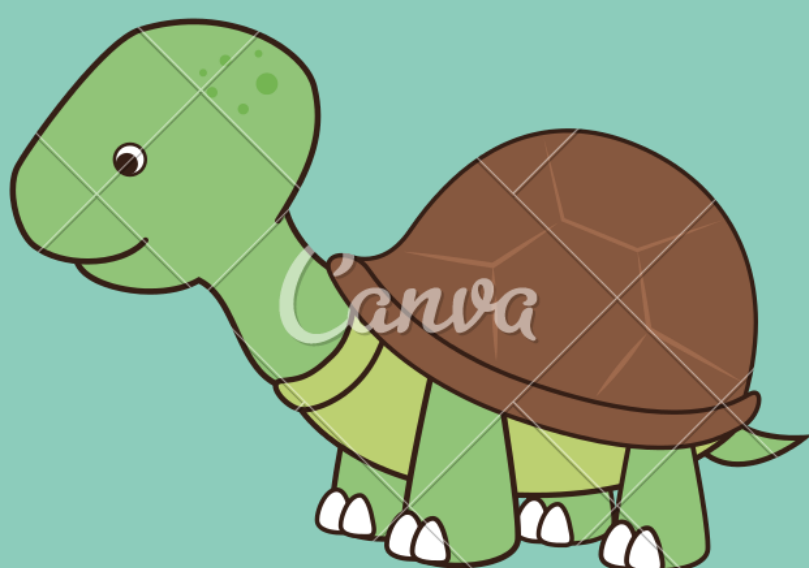
To make it easier to talk to them, make emotion puppets together! Each one with a different face: sad, angry, happy, frightened, calm.



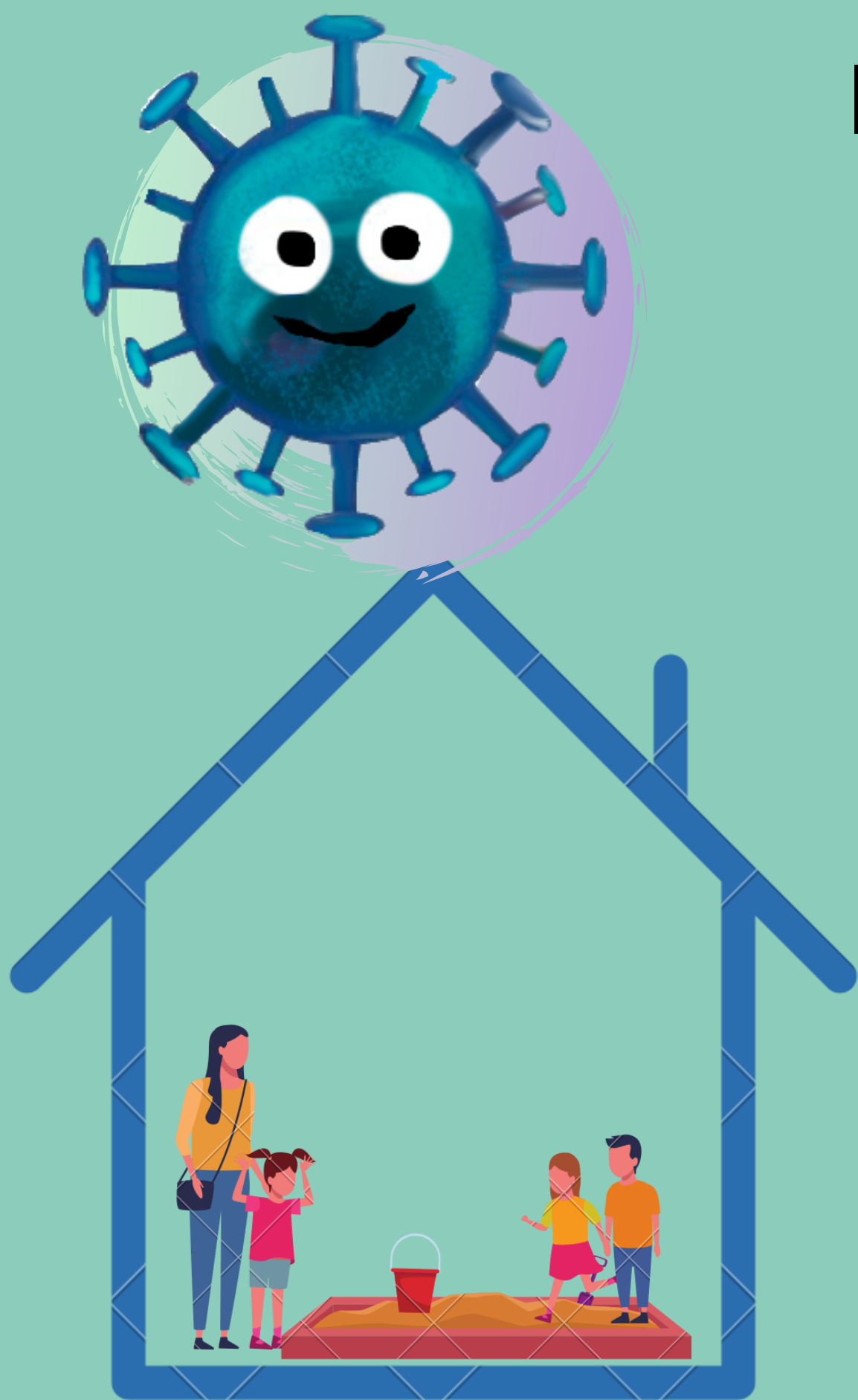
You can also play turtle!



When the child is angry or frustrated, you can tell them the story of the tortoise that gets into its shell and comes out when it feels calm enough to talk.

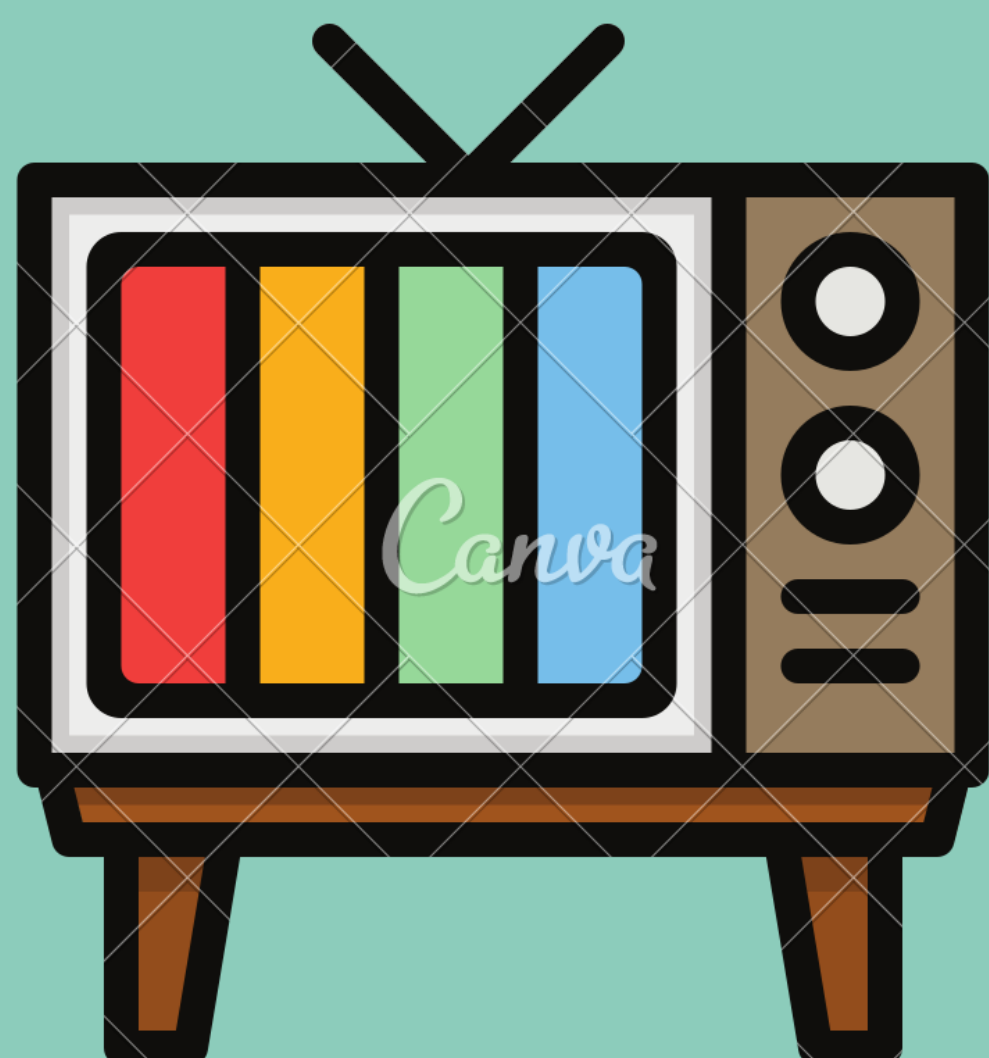






I know that many of you don't have a yard or garden for the kids to go out and unload all their energy, but movement is very important, so I recommend you to set up a gym in the living room, play the circuits, and be very creative.


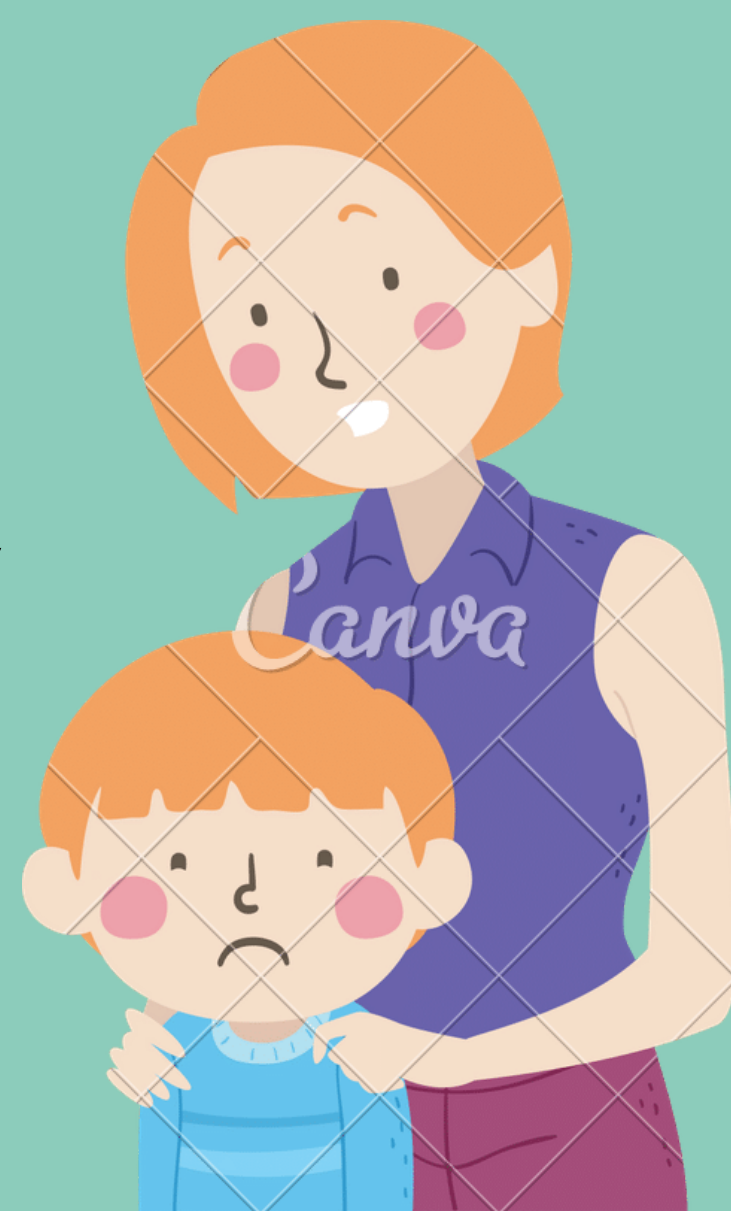
Too much television, as well as other screens, don't do them any good.







Children are connected to your body's nonverbal language, so take care of your emotional health too, because children have a superpower to perceive what your body transmits.



And remember, when I go far, far away, your kids will go back to school, and this is going to need a new adaptation process, such as when you go on vacation and then they go back to school. But don't worry! They are very intelligent, and their brain is always learning and adapting to changes. Make sure to anticipate it and you'll do a great job preparing them!



*This children's story goes to the little ones at home, and is our contribution to families and to kids' mental health.*



**Ana Francisca Fernández-Salvador**  
**Psichologist**  
**Master in Educational Psychology**

My experience and my work are focused in the period from early childhood to teenagers, and includes a wide range of situations, such as learning difficulties as well as emotional and conductual issues. These are addressed through play therapy and the latest proven, innovative teaching methods. I am passionate about emotional intelligence and counseling parents and families regarding respectful upbringing and parenting, strengthening bonds between parents and children. I give conferences and workshops to education institutions as well as to parents on these subjects, in order to provide tools for respectful upbringing and positive discipline. I write children's stories, always thinking in the innocence and magic of childhood.

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**Daniela Troya Malo**  
**Psichologist**  
**Master in Perinatal and Infant Psychopathology**

My work is focused on early detection of childhood pathologies and therapeutic treatment. I also work from a very young age on caregiver-baby interactions and developmental "red flags". My therapeutic approach is focused on ATTACHMENT to promote a stable mental health in children. Finally, I therapeutically support mothers during pregnancy and postpartum depression by helping them construct a secure attachment with their babies. I work in private practice, in hospitals, and teaching university classes. I am passionate about working with children and their parents, helping them grow as families. My work is my passion, it gratifies and fills me to help families overcome difficulties.

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