

How to use material "Hello, I'm Corona"

Dear citizens - parents, grandparents, educators, psychologists, healthcare professionals, and others - who come into contact with children.

We would like to present you with an illustrated brochure called "Hello, I'm Corona". It is intended for young children, but it can be an interesting resource for adults, as well. It is best to have a parent, educator, or other close person discuss the book with young children. Older children can read the brochure by themselves.

When working with the brochure, make sure that you are in a calm setting and that the child feels safe and supported.

The aim of the brochure is to explain the basic facts about the coronavirus/COVID-19, to teach the basic rules of protection, and to provide support in coping with the situation.

The brochure will help both adults and children become aware of their thoughts, doubts, and normal emotions (fear, anxiety, anger, sadness) while helping to identify the resources that children have that help them counter negative emotions and help them focus on positive experiences. If we can acknowledge our emotions and realize that we have resources to deal with them, it will help us to re-center and to reduce anxiety in both children and adults.

The author of the brochure, Lies Scaut, psychotherapist and grief expert for De Weg Wijzer - Expertise Center for Trauma and Grief Therapy (Be). (De Weg Wijzer means: The Wise Road to Healing), Faculty Member of the Portland Institute for Loss & Transition (USA). Lies Scaut was kind enough to make it available for translation. Steven De Soir, a biomedical scientist and illustrator, illustrated the brochure. The work is an example of the fact that our fight against the illness brings us together across nations and across disciplines.

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