

Coloring My Way: Learning About Coronavirus



Bradley Hospital

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About Bradley Hospital

Bradley Hospital opened in 1931 as the first children's psychiatric hospital in the United States and offers the most comprehensive array of children's behavioral health services in the country. Its mission is to provide a wide range of family-focused, high-quality mental health care to children and adolescents with significant psychiatric, behavioral and/or developmental disorders. Bradley Hospital is committed to excellence in training and research and to improving the health status of the community as part of a comprehensive, integrated and accessible health care system.

Bradley Hospital is a critical resource for families in Southern New England, as well as for those who travel from across the country and internationally. It offers a robust continuum of care inclusive of outpatient, intensive outpatient, in-home, partial-hospital, and acute inpatient treatment, as well as residential and special education services.

A teaching and research affiliate of The Warren Alpert Medical School of Brown University, Bradley Hospital investigates the causes of children's mental health problems and develops effective therapies for improving their lives.



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The coronavirus pandemic has affected us all, perhaps few as dramatically as our children. The clinicians at Bradley Hospital developed this coloring book with the hope that it will be a springboard for discussion as much as an art activity.

Remember, before talking with children, sort out your own feelings. Kids pick up on attitudes and feelings of trusted adults. If you are calm and confident, kids are more likely to follow suit. Be sure that you have the most current information as you chat with children. Sources of reliable and up-to-date information are cited on the back cover.

It is our hope that this booklet can serve as a resource for parents, teachers, afterschool program and daycare staff, health professionals or anyone who has the pleasure of interacting with our children.

When talking to children, remember the following:

- Start the conversation by asking your child(ren) what they've heard about COVID-19 at school or from friends. Calmly correct any misconceptions or false information. It may be helpful to provide age-appropriate explanations for words such as virus, isolation, quarantine, or contagious.
- Present factual information. Don't assume that kids, especially under age 8 or 9, will really understand what it means. They need you to put the facts into perspective for them.
- Convey realistic confidence in their safety. Adults need to express more certainty with younger children and present the limitations of safety more realistically to older kids.
- Remind kids that everyone who coughs or has a fever does not have COVID-19 and that most people with the virus will have very mild symptoms.
- Let them know that many people are working to keep us all healthy and safe.
- Remind them of proper hygiene habits. The best preventions against a virus are proper handwashing and covering coughs and sneezes, wearing a mask and physical distancing.



Henry T. Sachs III, MD
President and Chief Medical Officer
Bradley Hospital



Hi! My name is Rizzo, Rizzo Raccoon to be exact. My life has really changed in the last few months. I mean really changed! For one thing, my school is closed. And, everyone is talking about this disease called Coronavirus Disease. The disease even has a nickname—COVID-19.

This germ has been making a lot of people sick all around the world. Scientists of all kinds have been learning as much as they can about COVID-19. There is a lot they do not know, but doctors think that some who get it will be very sick and most who get it will be okay.



Everyone is working very hard to stay healthy. My pediatrician, Dr. P., is really nice and smart. Dr. P. told me that washing my hands with soap and water while I say the ABCs all the way through will help protect me and others from getting the disease. Dr. P. told me to keep my hands away from my mouth, nose and eyes to keep the virus out of my body.





One more thing, Dr. P. told me to cough or sneeze into a tissue or my elbow. I should throw the tissue away right after I sneeze in it. Dr. P told me to wear a mask to keep myself and others safe! There are so many new things to learn!



Ms. Williams, who is my favorite teacher in our afterschool program, told us about keeping things clean. Every afternoon all the kids use a spray and wipe down things we touch, like desks and toys and doorknobs. I do this at home too. This will help keep the germs from spreading to others. I don't go to my afterschool program very much and I miss my friends.

Oh, I also learned another new thing—what adults call physical distancing. This means that we need to keep some space between us and others. If we don't get too close, even if we sneeze or cough, the germs will not land on others.

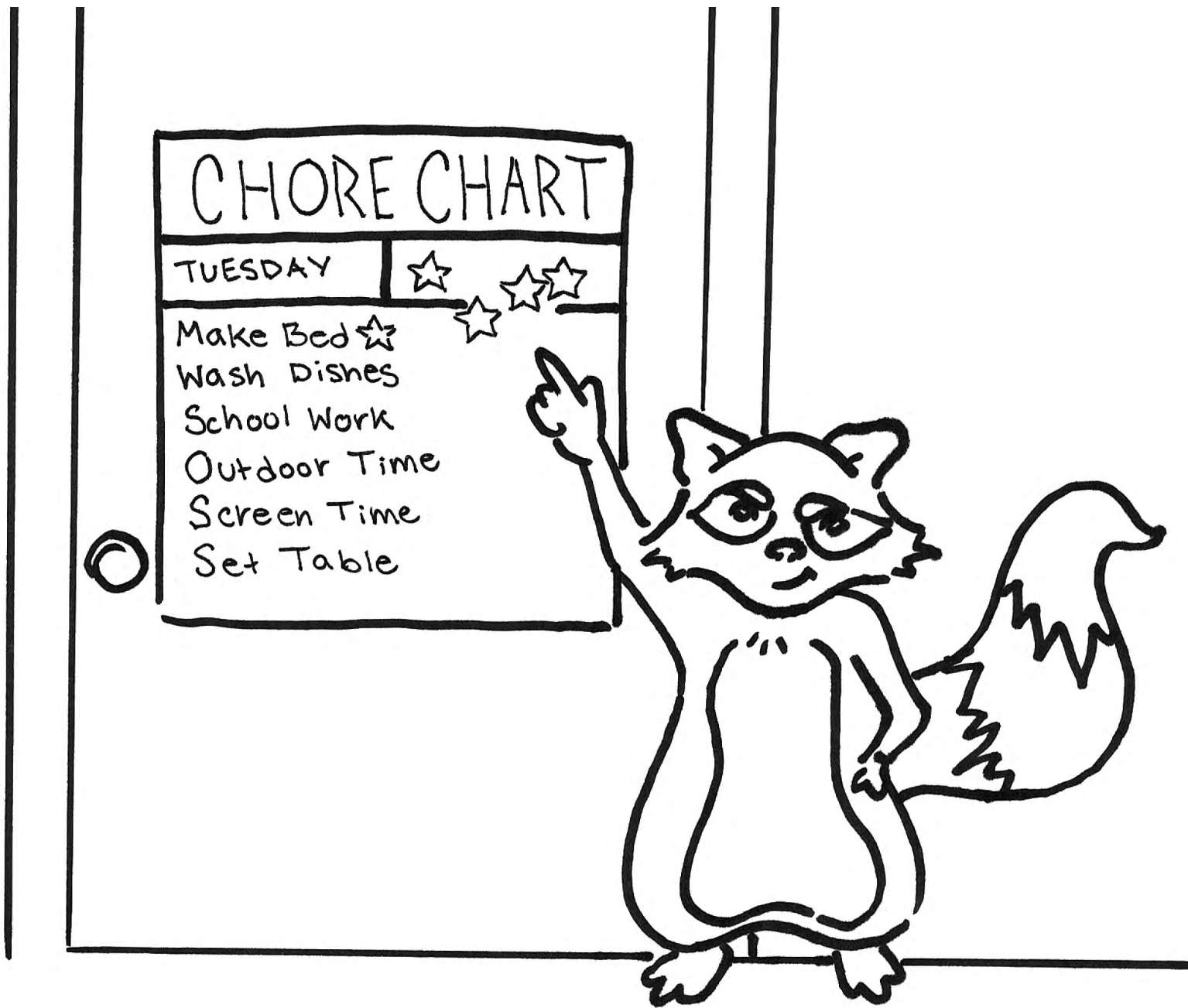




I am so happy that I have lots of adults to talk with about COVID-19. Adults are smart and I can ask them questions about the virus and all these changes in my life. I wonder how long things will be like this.

To tell you the truth, I am a little scared. I watch adults very carefully. When they are calm, I know that things will be okay. I get worried when they are worried. I see adults listening to the news and checking social media. When they do that, I ask more questions because I know they know about stuff.





Even though I am not in school all the time, I have a schedule. I have been getting used to my new routine. I get up at the same time even when I don't go to school. I have a chart on my door. It helps me remember when to do school work, chores, screen time, all of it. I even make my bed now; same time every day. Lunch is my favorite, especially when I can eat my all-time best—mac and cheese. I remember to clean the table and my chair after I eat.

During this COVID-19 time, I have been staying in touch with my friends and family. They are only a phone call or post away. I really miss my friends at school. Especially the kids on my soccer team.

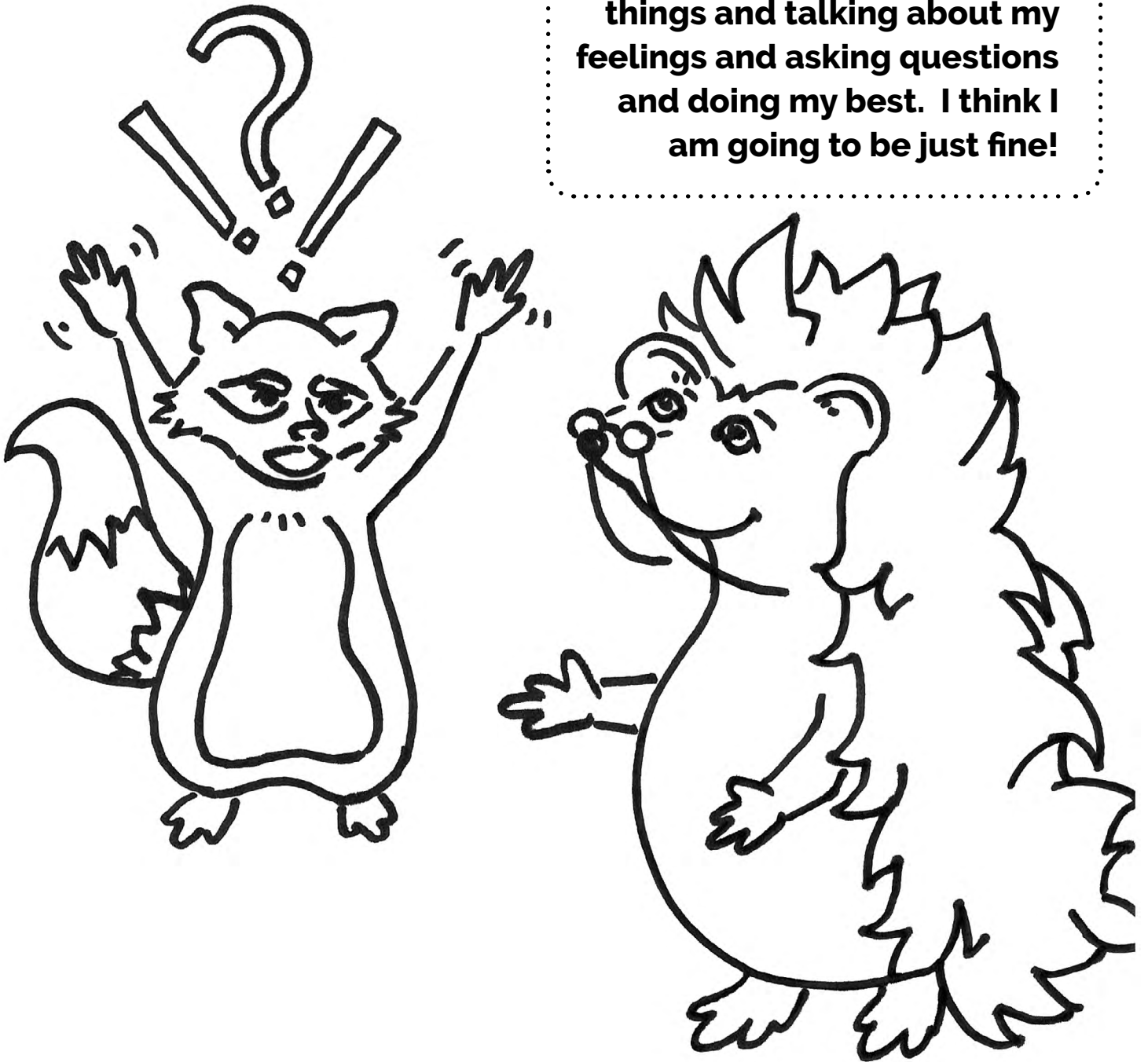




A few nights ago, I could not even sleep. I was in bed thinking and thinking. I took some deep breaths. Soon it passed and I fell asleep. I told my Grandma about it in the morning. She told me how happy she was that I told her and that we could talk with Dr. P. if that happens a lot.

**I try not to get sad or angry, or worry, but sometimes I do.
When that happens, I go back to those adults again.
Talking about it really helps.**

**See, I am doing important
things and talking about my
feelings and asking questions
and doing my best. I think I
am going to be just fine!**



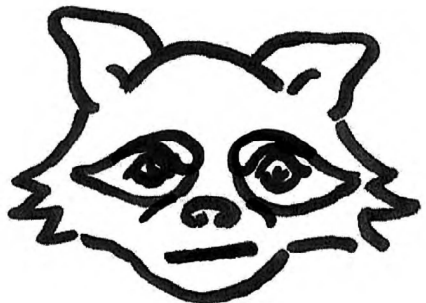
I AM FEELING...



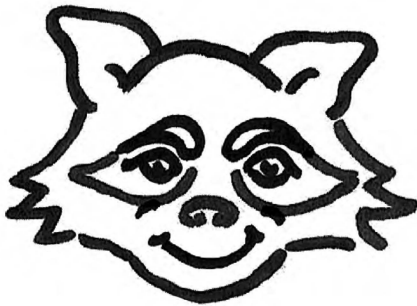
Worried



Calm



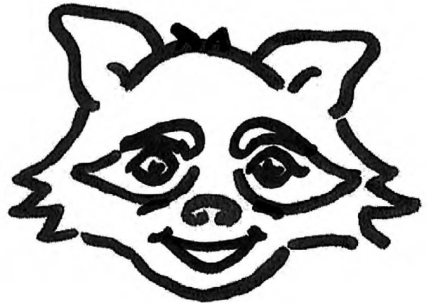
Bored



Loved



Confused



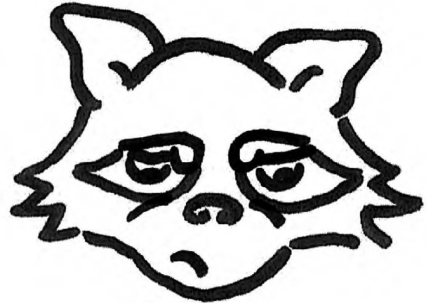
Happy



Scared



Frustrated



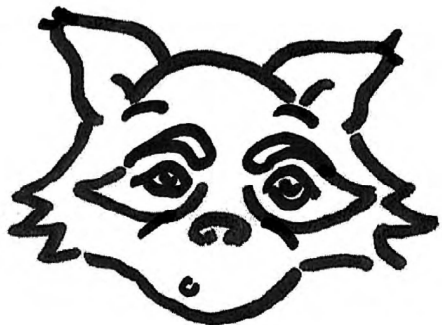
Sad



Excited



Mad



Embarrassed



I have started a new project. I am sending a letter to each of my friends to let them know that I am thinking about them. Next, I am going to make a thank you card to the nurses at the hospital who are helping everyone get better. I think I will make one for the hard workers at the food store and one for the governor, too. They are superheroes!



RESOURCES

Behavioral Health – Rhode Island

For support for a child or adolescent Rhode Island resident, contact your primary care physician or Kids' Link RI™ emotional crisis hotline at 1-855-543-5465.

For adult Rhode Island residents, contact your primary care physician or BH Link at bhlink.org or 401-414-LINK (5465).

For parents and caregivers who need support and would like to make an appointment, please call our Lifespan Adult Psychiatry and Behavioral Health Access Center at (401) 606-0606.

Behavioral Health – National

You can speak to a trained counselor at SAMHSA Disaster Distress Helpline at 1-800-985-5990 or by texting TalkWithUS 66746.

You can also contact your physician, your State Department of Health, or your health insurance company for additional information or support.

For reliable and current information:

Centers for Disease Control and Prevention
American Academy of Pediatrics
American Academy of Child and Adolescent Psychiatry
American Psychological Association
Center for the Study of Traumatic Stress
National Child Traumatic Stress Network

We understand that these are trying and uncertain times, but together, we will all get through this.



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