



4/8/20

Dear Parents and Guardians-

Orchard Place has continued to monitor the global outbreak of COVID-19, a respiratory illness caused by a new coronavirus. You will continue to receive regular Orchard Place Campus via email as the situation evolves. These updates will continue to come via email at this time. You can also reference all parent communication on the Campus page of the Orchard Place website at:

<https://www.orchardplace.org/services/orchard-place-campus>

1. Here is a fantastic children's book explaining the COVID virus.

The brilliant Axel Scheffler has produced a book about Covid-19 Coronavirus just for children - and it's available as a FREE download.

<https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coro...>

The Gruffalo illustrator worked with consultant Professor Graham Medley, two head teachers and a psychologist to make sure the book got the messages right, answering questions about quarantine, how you can catch the virus and what happens if you get ill.

Publishers Nosy Crow have asked for donations in lieu of payment, to go to our fantastic health workers: [www.nhscharitiestogether.co.uk/](http://www.nhscharitiestogether.co.uk/)

This is great for our little ones and to keep as a keepsake to remember how we came together.

2. There is a wide variety of resources available to support kids, families, individuals, and organizations serving families in response to the Covid-19 pandemic. Prevention efforts and self-care are as important now as they have ever been. Prevent Child Abuse Iowa has identified some resources that we think are particularly helpful during this time. We will continue to monitor and share new resources on a regular

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basis. Website includes the following resources-Financial Assistance, Healthcare Services and COVID-19, Employment, Mental Health, Physical Health.

[https://pcaiowa.org/covid-19-support-resources/?blm\\_aid=19650](https://pcaiowa.org/covid-19-support-resources/?blm_aid=19650)

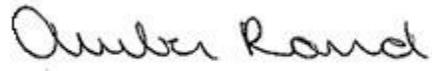
3. We want to encourage you to limit your children's exposure to the media and remain calm about this issue with your children in order to help them address their fears. The Des Moines Public Schools website has put together resources on how to talk to children about COVID-19 -

<https://www.dmschools.org/coronavirus/talking-children-covid-19/>

4. It can be overwhelming to think about what you might do if someone in your immediate family has COVID symptoms. Having a family plan is critically important so all members of your family including children are part of developing the plan and understand what will happen. To that end, the Polk County Health Department has created the **Make a Plan Toolkit** which is attached to this email. Feel free to print this and discuss with your family as well as your child's therapist.

These are unprecedented times for everyone and can be challenging to navigate. We encourage you to continue to utilize your own self-care plans and social support systems. As always, your child's therapist or building supervisor are available to discuss your concerns or questions.

Sincerely,



Amber Rand, LMHC, IAADC  
Campus Vice President



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