



FONDAZIONE
PATRIZIO PAOLETTI
PER LO SVILUPPO E LA COMUNICAZIONE

Coronavirus/covid-19 emergency

10 steps

for talking to your children about it



A heartfelt thanks to the supporters of the Patrizio Paoletti Foundation.

Your contribution allows us to work to guarantee each child and adult the best support in the educational practices of growth and development, to live passionately every day!

It is possible to intentionally produce a state of security and capability, even when external conditions are difficult and critical. This short vademecum was created to help parents manage the emergency we are experiencing and turn it into an educational opportunity. Indeed, moments of difficulty like this give us the possibility to become more aware of our positive resources and the value of the educational relationship, to orient us towards the state of health we desire. *"Health is a state of complete physical, mental and social well-being and not simply the absence of disease"* World Health Organization.

Neuroscience and Pedagogy. For twenty years the Patrizio Paoletti Foundation has been carrying out interdisciplinary research: neuroscientific, educational, psychological and social, developing tools to fully develop awareness in people, in whatever context or situation they are living in.

The 10 Steps

- 1 Live passionately: every difficulty is an opportunity**
- 2 You are important: be an example**
- 3 Choose what's good for you: stimuli and environments are conditioning**
- 4 The routine: your real friend**
- 5 Listen before you speak: create harmony**
- 6 Choose the right words: stories have power.**
- 7 You learn... by having fun. Together**
- 8 Overcome the most dangerous virus: ignorance**
- 9 Make efforts to say things well**
- 10 Contribute: disseminate this vademecum**



The 10 Steps

**Before you begin, please read the instructions
of the National Health Service**

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

1 Live passionately: every difficulty is an opportunity

Educate your child to experience difficult times as an opportunity to discover his/her resources. Stay close to him/her and guide him/her to discover that you can always learn from every situation. In moments of confusion and uncertainty, we encounter our fears and also the possibility of finding ways to overcome them. Complexity makes us discover our strength and power.



2 You are important: be an example

Before any explanation... your child imitates your behaviour because you are the most important person for him/her. If you are anxious and worried, your state will certainly affect his/her emotions. Find calm and lucidity in moments of stress by dedicating a few minutes of silence to yourself. Even just one minute a day will help you to relax.



3 Choose what is good for you: stimuli and environments are conditioning

The environments and situations we frequent condition our thinking and attention. This is even more so for little children! Avoid exposing your child to media hyper-stimulation where there are images and narratives full of anxiety and tension about what is happening. Choose environments that are as stable and secure for him/her as possible.



4 The routine: your real friend

The daily routine is a real friend in times of uncertainty because simple and regular activities that structure the day, create the perception of a safe and stable environment. Even if the regulations developed by the competent authorities, for preventive and safety purposes, imply the temporary interruption of activities, try to establish a simple and regular rhythm for your family, defined by mealtimes, moments of play and moments of study together.

5 Listen before you speak: create harmony

Tune in to your child, listening to his/her needs: observe his/her behaviour, listen to his/her emotions, take note of what he/she says and does. Do not express judgement. Practise loving attention: this will make him/her feel accepted and therefore ready to listen to you and be guided by you.



6 Choose the right words: stories have power.

Find a time and place where you can be with him/her without the fear of being disturbed. Share facts rather than opinions: use information from official sources of the public health authorities, such as the Ministry of Health and the National Institute of Health. Use age-appropriate language along with calm and clarity.



7 You learn... by having fun. Together

Create special moments: agree with him/her on the special plan of actions to remember (as indicated by the competent institutions) which you will stick to together, scrupulously. Join forces with other parents in your community to ensure that the requirements are respected and understood.

8 Overcome the most dangerous virus: ignorance

The current emergency is a valuable opportunity to talk to your child about how people who have contracted the coronavirus (just like all people without distinction of race, origin, social class, physical features ...!) deserve our respect as living beings. Any discriminatory behaviour we notice must be corrected with knowledge and information.



9 Make efforts to say things well

Whenever there is an opportunity to address the question of the coronavirus emergency, conclude with clear, general and positive statements about the future. The aim is to generate stability and security in him/her, which are the basic conditions needed to face any obstacle.



10 Contribute: disseminate this vademecum

Disseminate this vademecum and take part in improving the conditions of this moment. Increase hope and planning ability: make the ability to evaluate, listen and act grow, in you and in others, learning from everything and all things!



This vademecum was produced by neuroscientists, psychologists and expert trainers from the interdisciplinary team of the Patrizio Paoletti Foundation in the context of “**Envisioning the future: methods and techniques to potentiate hope and planning ability**”. Since 2017 this national project of the Foundation has offered free support to populations affected by emergencies, such as the earthquake in central Italy or the collapse of the Morandi Bridge, and to communities facing social emergencies (poverty, cultural integration, economic uncertainty) throughout the country.

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Related websites

<http://www.salute.gov.it/nuovocoronavirus>

<https://www.epicentro.iss.it/coronavirus/>

<http://www.psy.it/wp-content/uploads/2020/02/vademecum-cnop.pdf>

https://www.fondazionepatriziopaoletti.org/news/1018/terremoto_10_cose_da_fare_per_gestire_il_disagio_dei_bambini.html

<https://www.iss.it/?p=5108>

<https://www.who.int/about/who-we-are/constitution>





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Awareness is the key to change

About us

The Patrizio Paoletti Foundation is a non-profit research institution founded in Assisi in 2000 by Patrizio Paoletti and a group of researchers, pedagogists, psychologists, sociologists, doctors and entrepreneurs. We work thanks to the support of over 100,000 people to achieve a single goal: to promote the best part of each person.

What we do

We do international research to provide innovative, accessible and useful education. We study human functioning through interdisciplinary research: neuroscientific, psychological, educational and social. We immediately apply the results in education and teaching to promote the best talents in children and adults.

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