

Colleagues,

As public conversations around COVID-19 increase, children may worry about themselves, their family, and friends getting ill with COVID-19. As parents, family members, and trusted adults, you can play an important role in helping children make sense of what they hear in a way that is honest, accurate, and minimizes anxiety or fear. Some recommendations include: remaining calm and reassuring, paying attention to what they are watching on tv or online, and providing information that is truthful and age appropriate. For more tips and recommendations, please visit <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html> .

Trusted Expert Advice On Talking to Your Kids about COVID-19

The Santa Cruz Public Library system is also bringing experts to help families navigate life during this crisis. SCPL has scheduled 4 virtual parenting workshops led by experts from Parents Place, designed to help families cope during the Coronavirus crisis. The workshops cover a range of topics targeting specific age groups and needs. These include: Self-care for you and your teen, Self-care for you and your baby/toddler, Keeping calm and centered during uncertain times, and Helping Kids with Special Needs Cope with Anxiety around COVID-19. The virtual workshops are free, but registration is required in advance for each session. Please see the attached press release for details on how to register.

A Message from our Parks and Rec Director:

Please take a moment to watch the following COVID 19 video update from Parks and Rec Director Tony Elliot. It addresses how to keep your family and community safe by adhering to social distancing guidelines.



(Please click on the picture above or visit: https://youtu.be/NyR_QE15gyA)

Childcare Support for Designated Employees:

In an effort to help designated employees that are currently reporting to work, the City will be able to temporarily operate a childcare facility. Attached to this email is an application for childcare. Please return this form to Lisa Murphy via email lmurphy@cityofsantacruz.com, or you can take a picture of it and return it, or drop it off at 809 Center St. Room 6, between 8am – 5pm M-F.

Have a great weekend,

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