

Breaking Bad News

Disclosing Illness and Death to Children in the Covid Crisis

20th May, 2021

SAMVAD

**Support, Advocacy & Mental health
interventions for children
in Vulnerable circumstances And
Distress**

**(A National Initiative & Integrated
Resource for Child Protection, Mental
Health, & Psychosocial Care)
Dept. of Child and Adolescent
Psychiatry**

**National Institute of Mental Health &
Neurosciences (NIMHANS), Bangalore
Supported by Ministry of Women &
Child Development, Government of
India**



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in the Covid Crisis

**Thursday, 20th May 2021
5:30-8:00PM**

BEING THE BOSS

Fighting the CO-RO-NA Worry Monster



Hello Kids

I hope you are all safe.

I am Chatur ji.

I am here to have a quick chat with you

I hope you are wearing your masks, washing and sanitizing your hands and staying indoors.

You make me so proud.

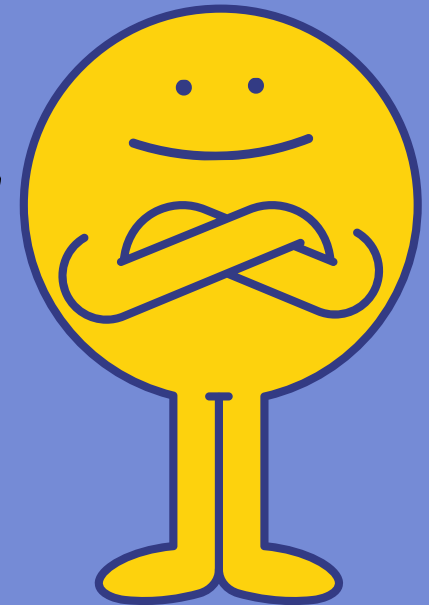
So Young and yet so responsible.

I know many of you are worrying about the COVID Disease, health of your parents , grandparents, brothers, sisters, friends and other loved ones and you have many questions ...

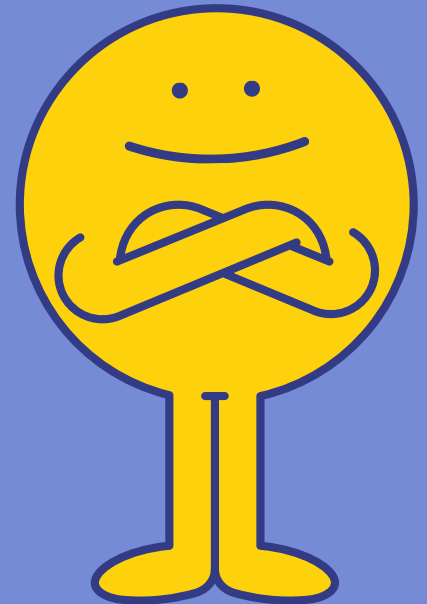
You don't know how to ask these questions?

What exactly should you ask?

well don't worry.. I am here..



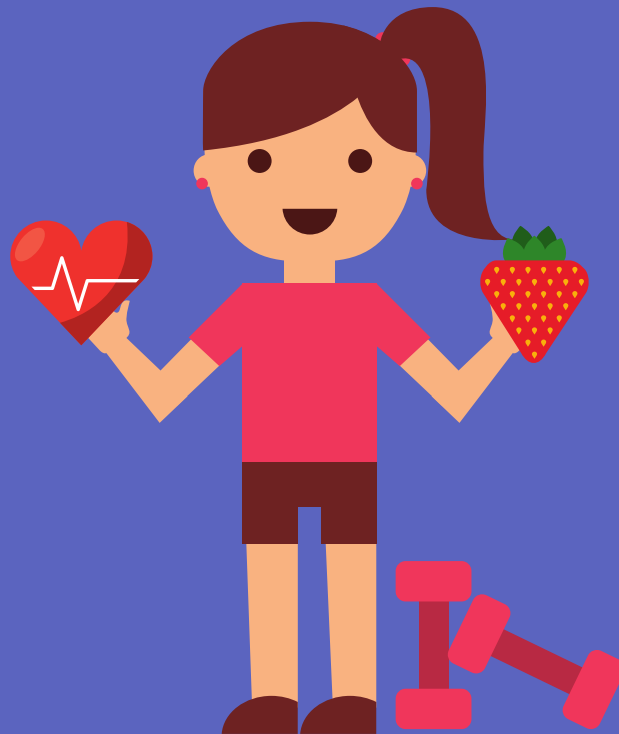
Let's get started ...



STEP -1



HEALTH AND SICKNESS



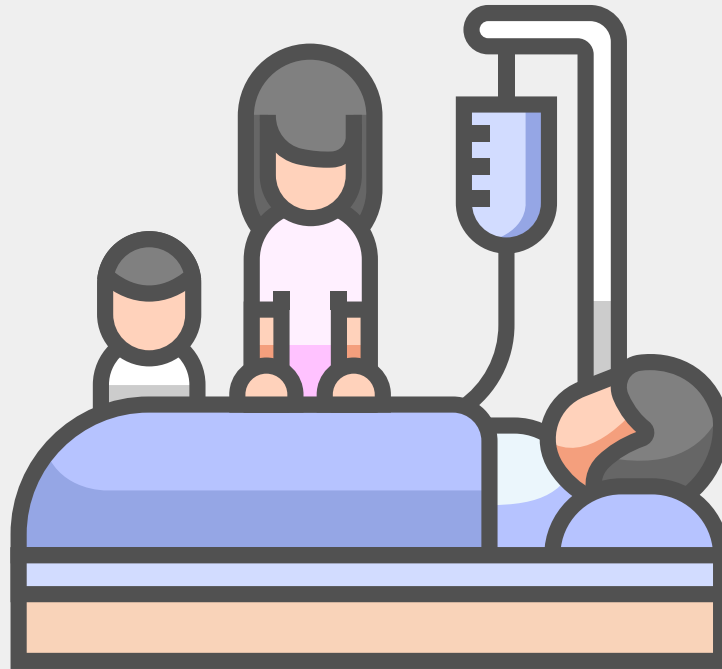
We say we are healthy when we feel like we can eat well, sleep, study well, when we feel good and we want to do the things we like doing

We say we are unwell when we do not feel good, we are unable to eat, we are unable to sleep ...we do not feel like doing things we usually enjoy



STEP -2

BIG AND SMALL SICKNESSES





Well , sometimes when we don't feel well we take medicine... like when we have a cough, cold , bad stomach, headache , tooth acheetcetera.

These sickness are small sicknesses, we take medicines and they go away...

Explaining Big Sicknesses ...



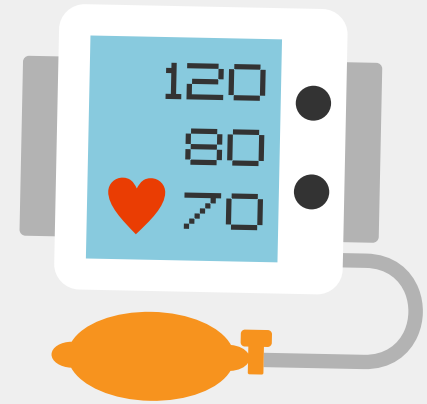
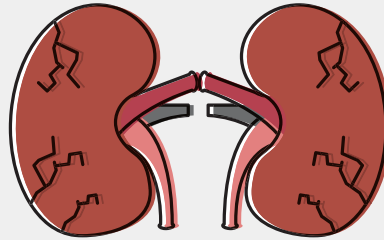
But sometimes, even with the medicines people have to go to the hospital because they need more or special help

to keep themselves healthy. These are usually the people with big sicknesses.

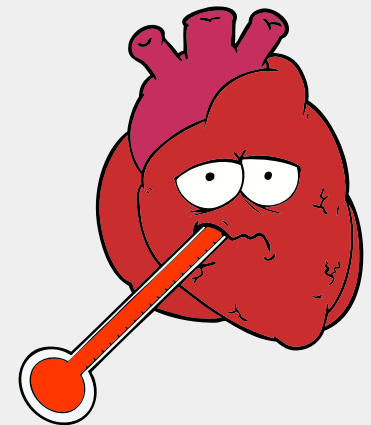
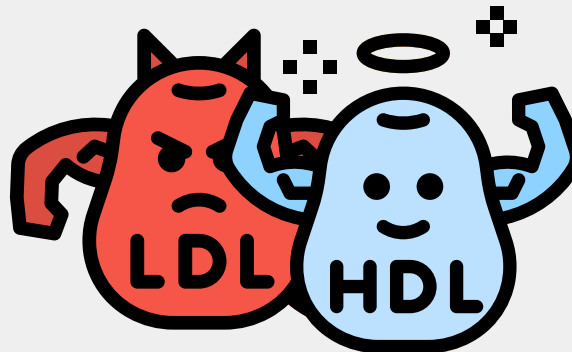
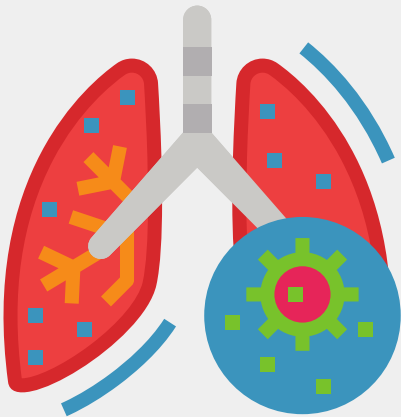
They may not go away so easily and may continue for a long time.

When we have big sicknesses we have to go to a doctor, and we take medicines for a long time maybe even for a lifetime,

If they stop the medicines they will become very sick...



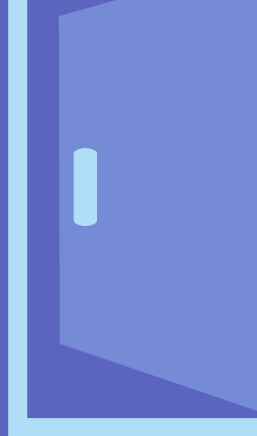
Big Sicknesses are heart diseases, respiratory diseases, cholesterol, high blood pressure, diabetes, fatty liver, kidney stones ..



STEP -3

COVID AS A SICKNESS

*SO...YOU MUST HAVE
HEARD MANY
THINGS ABOUT THE
CORONA VIRUS ...*



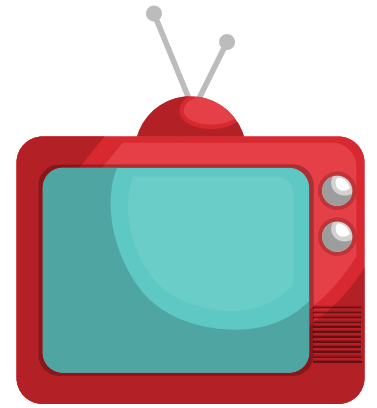
MAYBE ...



AT HOME



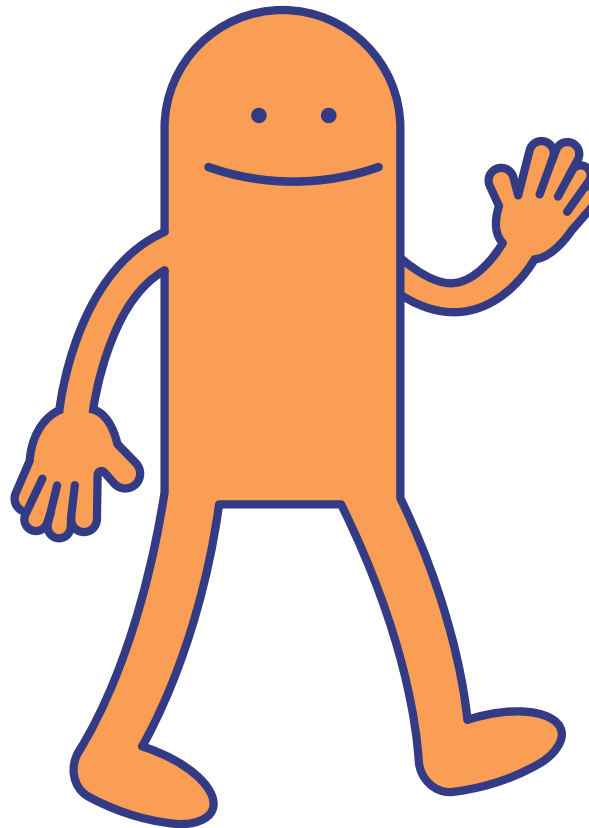
OVER A PHONE CALL



ON THE TELEVISION



IN THE NEWSPAPER



ONLINE

Well... you must be having
a lot of questions about it..

Where is this Virus...??

Who is this Virus?

Where has it come from ?

Why are people falling sick ?

When will it leave us alone ?

Will it ever go away?

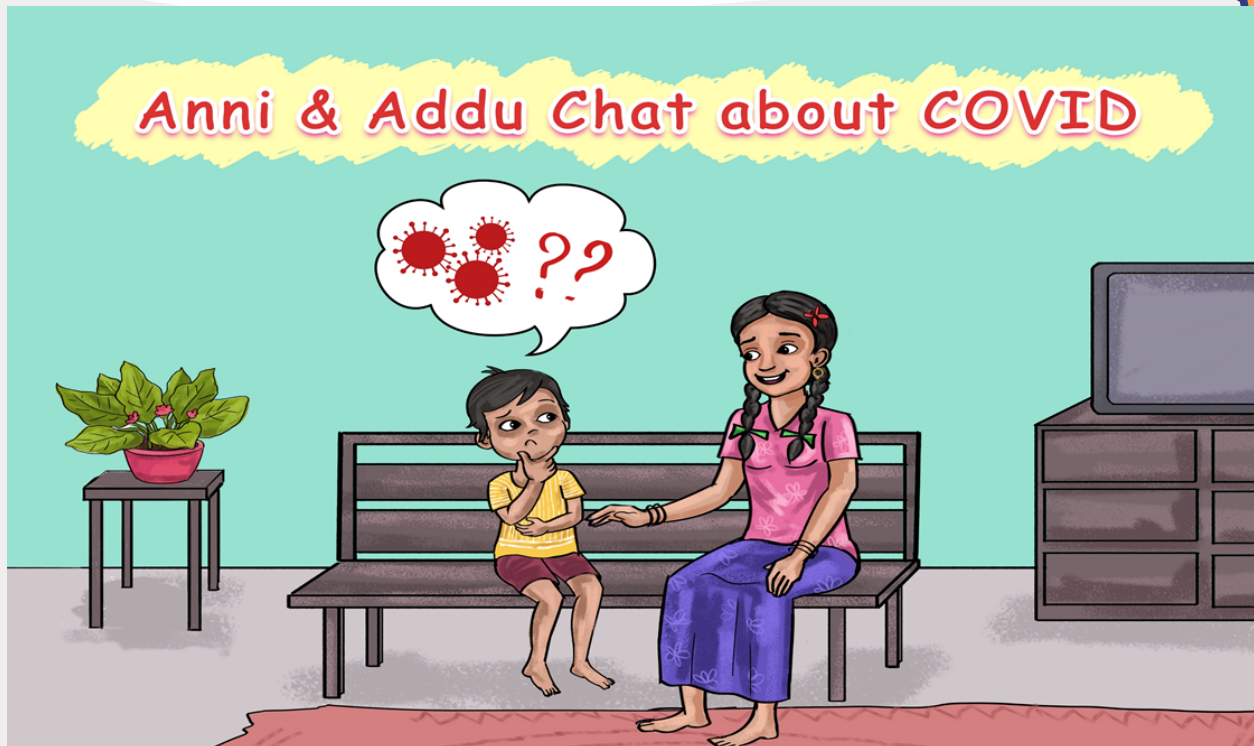
Will things ever be the same?



Well ...Corona is a newly discovered virus...
a virus is a very -very tiny creature...
invisible to the eye.
It makes people sick.
It causes a Disease called
COVID disease.



Anni & Addu Chat about COVID





Cold



Body Pain



Fever

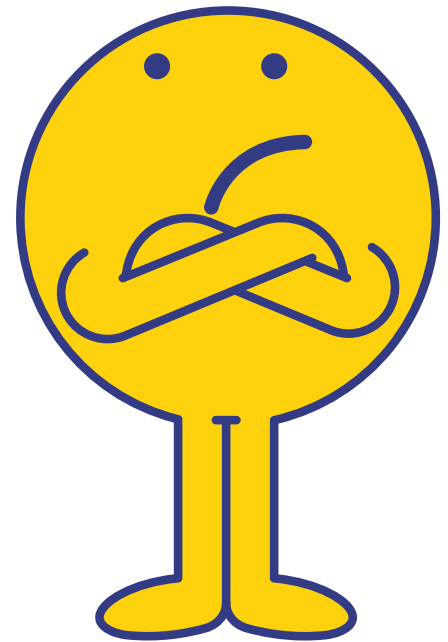
someone who gets COVID-19 or the Corona virus infection may get show symptoms like that of a common flu or sometimes they may not show any symptoms at all..

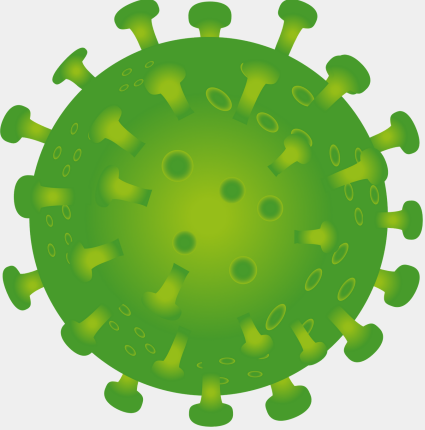


Shortness of
Breath



Cough



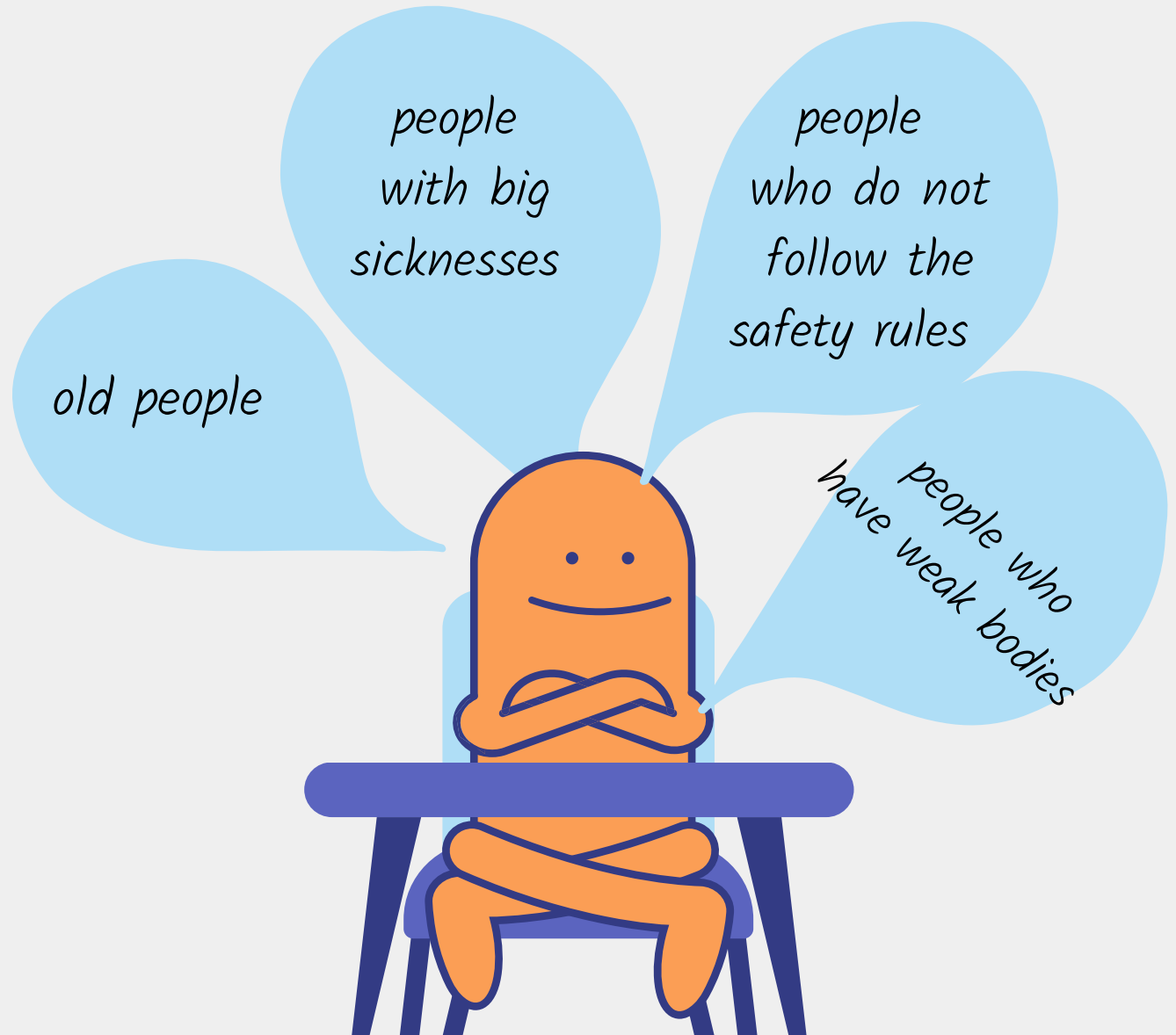


This virus can spread while coughing , sneezing , or through direct contact with a person who has COVID or by even being around a person who has COVID disease

There is no particular kind of person who gets sick with COVID Disease anyone can get it... boy..girl.. uncle ..aunt... grandma .. anyone and even children ..



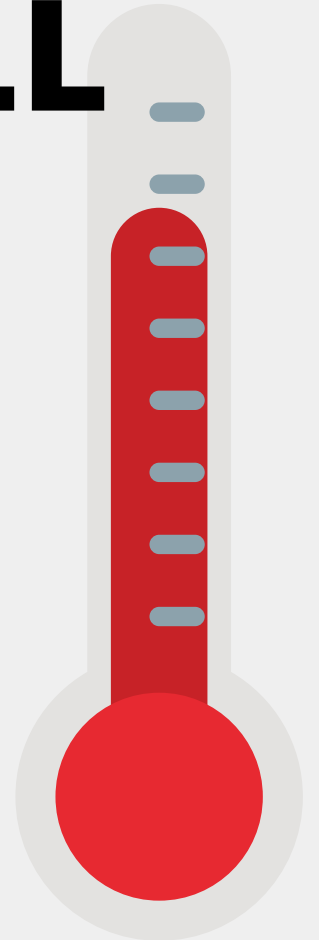
Although, all of us are at risk but some people are more likely to get COVID Disease like ...



STEP -4

COVID SICKNESS - BIG OR SMALL

COVID can be a big sickness for some and for some it may only be a small sickness...

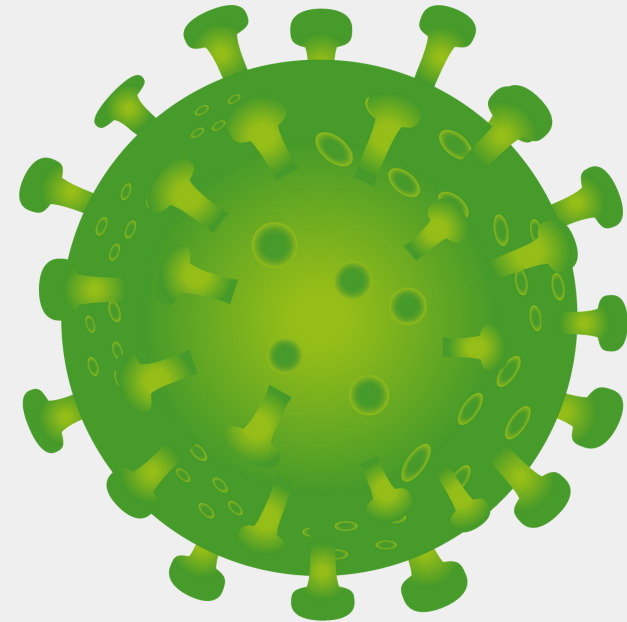




When COVID is a small sickness

Small sickness means it is not very strong.

People who have small sickness can rest, drink warm liquids.. stay at home, take medication and then they get better



When COVID is a big sickness

Some people may also have big sicknesses They may have to go to the hospital and stay there until they get better.

These are usually people who are old, or are weak...

If someone is in the hospital because they have to stay away from their family and all others we can still be in touch with them through voice calls ,video call or you can even write an email or a letter

Only in some cases, when the sickness is very very big then the medicines do not work and people don't get better.

When they do not get better even with the medicine, their bodies may stop working and they may die.



Well..it is quite natural for
you or anyone
to feel scared, anxious or worried.
Sometime when we see people get
sick we worry .

But you know
just like any other disease if we keep
ourselves protected by following some
safety rules
we can prevent Covid disease and
protect ourselves

STEP -5

REASSUARANCE AND HOPE



"We can also keep hoping that sick people get better..."



I can understand that things look sad and scary at the moment, but this is not permanent. Things will slowly get better...

The doctors have worked very hard - all day, all night to make a vaccine to keep us safe.

A vaccine is something that is put in our body to fight the Corona Virus, if it tries to attack our body.

So if we keep practicing the Safety Rules, take care of ourselves and get a vaccine, we can stay safe.

Remember, Vaccine does not guarantee 100 percent protection, so we cannot stop following the safety rules.

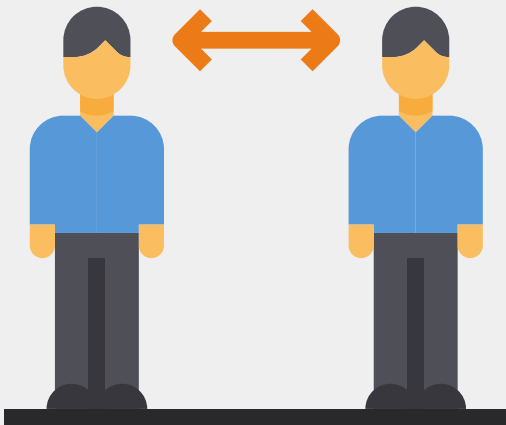


These safety Rules that we can follow to keep ourselves safe are



Wearing a Mask

1m



Maintaining Social Distance

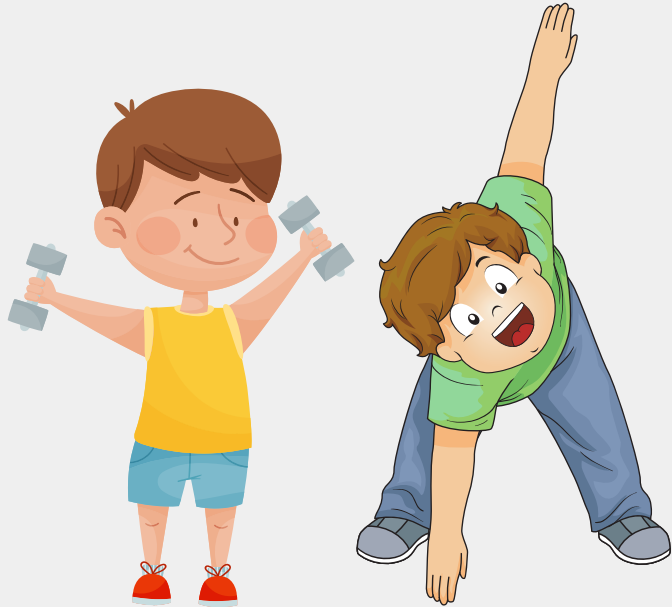


Washing and Sanitizing Hands



Staying at Home

To keep ourselves healthy we can also ..



Do some physical exercises



Eat Healthy



Read and Learn

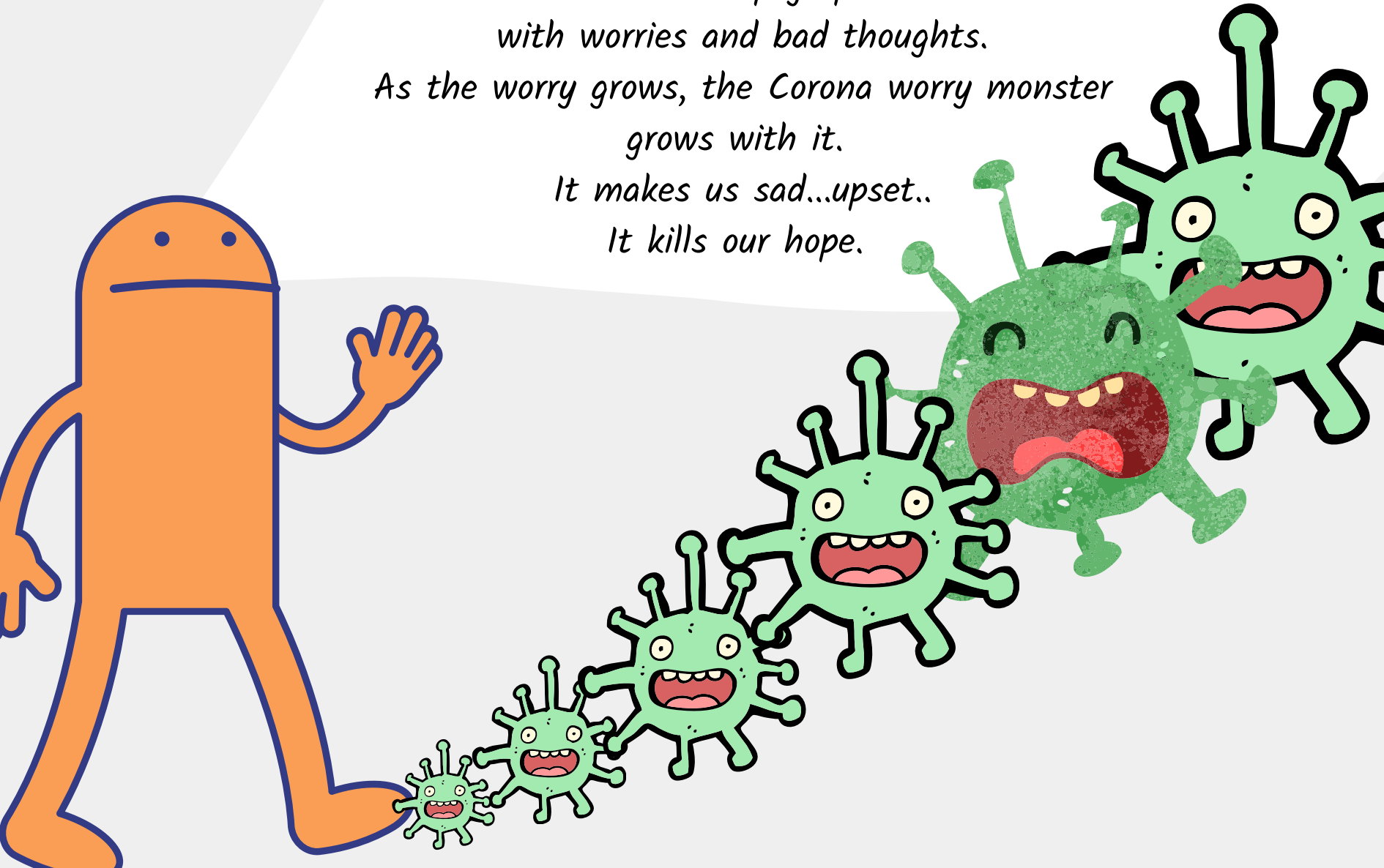


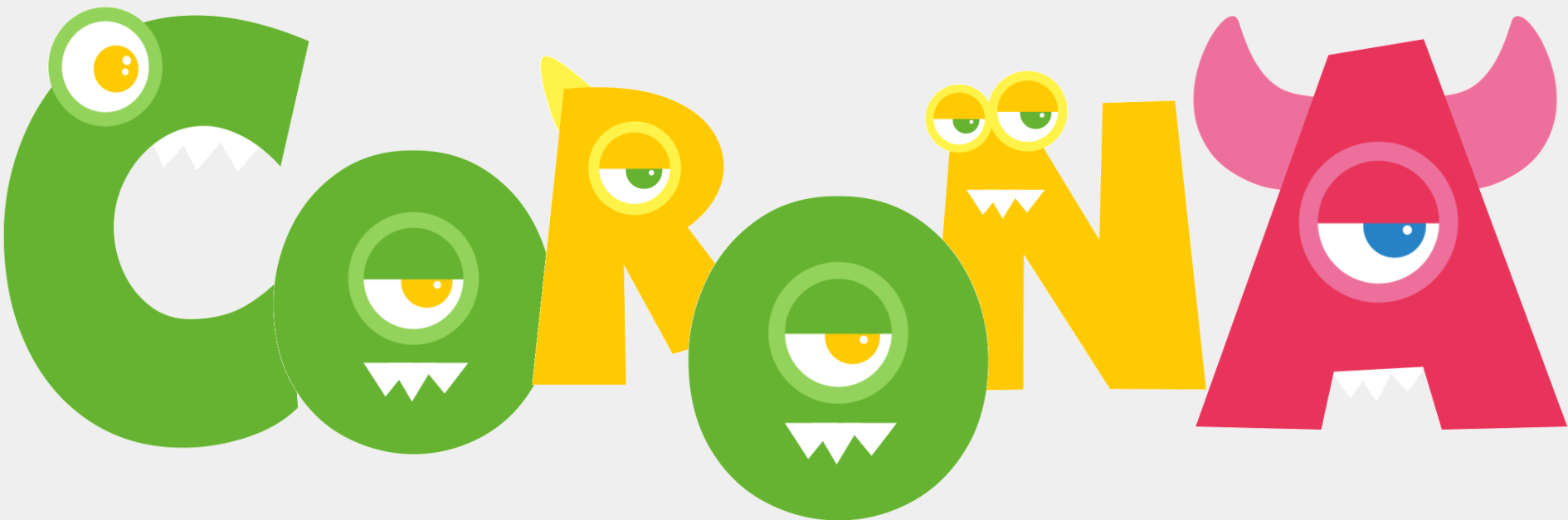
Sleep



Breathing exercises

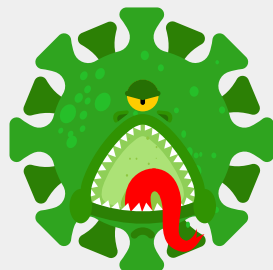
We sometimes worry so much that
we even stop doing things we like.
And then all our empty space is filled
with worries and bad thoughts.
As the worry grows, the Corona worry monster
grows with it.
It makes us sad...upset..
It kills our hope.





They are killing me ...HELLPPP!

**SAM.
SAMMM**



*Oh Boy ! These kids are strong.
Plisss...dont kill me .*

**BAM.
BAMMM**



so we must do activities that
make us happy and fill our minds with
happy thoughts and hope...



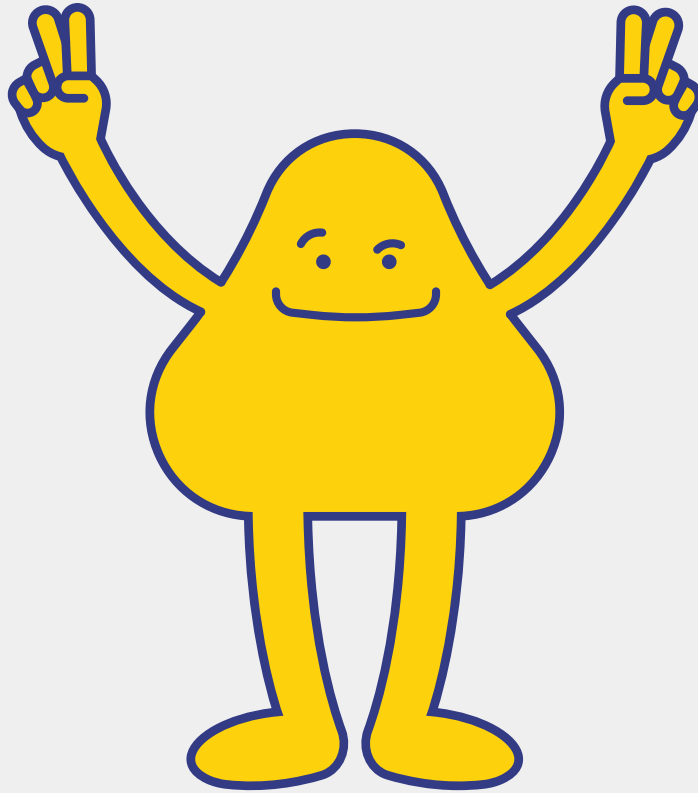
STEP -5

ASKING QUESTIONS



You can ask me any questions about the disease...don't be afraid to ask...

It is okay if you do not have any questions right now ...maybe you can come and ask me anything about COVID or the current circumstances later whenever you would like.



The best way to fight fears and worries is to know about them.

and to know better, you must ask for information, ask questions that you may have, and talk about your thoughts that scare you.

I am leaving now.

But whatever I have shared with you stays.

If you have any questions ask your questions with any adult you trust and who can talk to you over a phone call, video call or in person.

stay safe kids.

