

عنوان مقاله:

Teaching children self-care at home during the coronavirus outbreak: systematic review

محل انتشار:

سیزدهمین همایش دانشجویی تازه های علوم بهداشتی کشور (سال: 1399)

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خلاصه مقاله:

Background: The spread of coronavirus has disrupted family life around the world. School closures, telecommuting, Social distance is one of the things that everyone, especially parents, should consider. So this study with Objective, Home self-care training was performed on children during the coronavirus outbreak. Material and Methods: This study was a comprehensive and in-depth descriptive review of the texts. The desired data using Persian keyword search Coronavirus, children, took care of themselves. Results: Parents should pay attention to these care points in order to teach self-care to their children: 1- Develop a regular daily schedule together: Try to have a regular schedule that includes educational programs based on the age of the children and can be followed online, on TV or on the radio. Also time include games as well as reading books in this program. Use daily activities as learning opportunities for children. Do not forget to create these daily programs together as much as possible. 2- Talk comfortably: Encourage the child to ask questions and express feelings. Remember that the child may react differently to stress, so be patient and understand their situation. Begin by inviting the child to discuss the issue. See how much he knows and let him lead the conversation. About talk about proper health measures. They can use everyday moments to emphasize the importance of actions such as regular washing full hand use. Make sure they are in a safe environment and allow the child to speak freely. Painting, stories and other activities can help open the discussion. 3- Get in touch with your child's education center. Know how they can contact their child's teacher or school for information, questions and guidance. Parent groups or local groups can be a good way to support each other during home schooling. 4- Take care of children online: Digital platforms provide an opportunity for children to continue learning, Give, play and keep in touch with their friends. But increasing access to online space poses risks to safety, care and creates children's privacy. Talk to your child about the Internet to find out what kind of environment it is, from what they need to be aware of how appropriate behavior is on the platforms they use, such as video calling. Conclusions: Although creating a regular and structured program is vital for children and young people, but it is intended children need a level of flexibility during this time. Change activities for the better. If time who follow an online

... .learning program, the childseems restless, another option that more activity asks the child to choose

کلمات کلیدی:

Education, Self-care at home, Children, Corona virus outbreak

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