

Wareham Public Schools Resources & Supports 2020

Grab and go breakfast and lunch is available from 9:30-11:00 Monday-Friday at the following places:

- Decas Elementary School
- The Wareham Middle School
- The Bandshell at Onset
- The Gleason Family YMCA Parking lot
- The Cranberry Highway lot next to Gold World
- The Woods @ Wareham
- The Cromesett Road pumping station near Terry Lane
- Brandy Hill
- Shangri La Playground
- West Wareham School parking lot

Damien's Place (Food Pantry)

3065 Cranberry Highway#B20
East Wareham
508.295.3586

- Provides both perishable and non-perishable foods.
- Hours of operation: Tuesday, Thursday and Saturday from 9:30 am to 12 noon.

Community Youth Empowerment:

Boys & Girls Club

13 Highland Avenue
Onset
774.678.4243

Mumma Mary's

219 Main Street
Wareham
58.295.5308

Dunkin' Donuts

2360 Cranberry Highway
West Wareham
508.291.2214

- Bins of non-perishable foods & toiletries, just grab and go.

Four Square Church

301 Onset Avenue
East Wareham
508.291.1595

- Get “to go meals” Tuesdays at 4 pm.

Church of The Good Shepherd

74 High Street
Wareham
508.295.2840

- Get “to go meals” from 4-5 pm on Thursdays.

The United Way Program:

Massachusetts residents dial 2-1-1 on their mobile phone or access on line at <https://mass211.org/>

- Provides information, resources and referrals regarding COVID-19
- including childcare, mental health counseling, legal and financial aid and senior services

Kids Health Website

<https://kidshealth.org/>

- Website geared to help families and educators support healthy children.
- Provides guidance regarding the Corona Virus (COVID-19).

Tips regarding how to talk about COVID-19 with your child:

Find Out What Your Child Already Knows:

Ask questions geared to your child's age level. This gives you a chance to learn how much kids know — and to find out if they're hearing the wrong information.

Follow your child's lead. Some kids may want to spend time talking. But if your kids don't seem interested or don't ask a lot of questions, that's OK.

Offer Comfort — and Honesty

Focus on helping your child feel safe, but be truthful. Don't offer more detail than your child is interested in. For example, if kids ask about school closings, address their questions. But if the topic doesn't come up, there's no need to raise it unless it happens.

If your child asks about something and you don't know the answer, say so. Use the question as a chance to find out together. Check the [Centers for Disease Control and Prevention \(CDC\) website](#) for up-to-date, reliable information about coronavirus (COVID-19). That way, you have the facts and kids don't see headlines about deaths and other scary information.

Speak calmly and reassuringly. Explain that most people who get sick feel like they have a [cold](#) or [the flu](#). Kids pick up on it when parents worry. So when you talk about coronavirus and the news, use a calm voice and try not to seem upset.

Give kids space to share their fears. It's natural for kids to worry, "Could I be next? Could that happen to me?" Let your child know that [kids don't seem to get as sick](#) as adults. Let them know they can always come to you for answers or to talk about what scares them.

Know when they need guidance. Be aware of how your kids get news and information, especially older kids who go online. Point them to age-appropriate content so they don't end up finding news shows or outlets that scare them or have incorrect information.

Help Kids Feel in Control:

Give your child specific things they can do to feel in control. Teach kids that getting lots of sleep and [washing their hands](#) well and often can help them stay strong and well. Explain that regular hand washing also helps stop viruses from spreading to others. Be a good role model and let your kids see you washing your hands often!

Talk about all the things that are happening to keep people safe and healthy. Young kids might be reassured to know that hospitals and doctors are prepared to treat people who get sick. Older kids might be comforted to know that scientists are working to develop a vaccine. These talks also [prepare kids for changes](#) in their normal routine regarding school closings.

Put news stories in context. If they ask, explain that death from the virus is still rare, despite what they might hear. Watch the news with your kids so you can filter what they hear.

Kids and teens often worry more about family and friends than themselves. For example, if kids hear that older people are more likely to be seriously ill, they might worry about their grandparents. Letting them call or Skype with older relatives can help them feel reassured about loved ones.

Let your kids know that it's normal to feel stressed out at times. Everyone does. Recognizing these feelings and knowing that stressful times pass and life gets back to normal can help children build resilience.

Keep the Conversation Going:

Keep checking in with your child. Use talking about coronavirus as a way to help kids learn about their bodies, like how the [immune system](#) fights off disease.

Talk about current events with your kids often. It's important to help them think through stories they hear about. Ask questions: What do you think about these events? How do you think these things happen? Such questions also encourage conversation about non-news topics.

Reviewed by: [Jennifer Shroff Pendley, PhD](#)

Date reviewed: March 2020-Kids Health Website