



Looking Out For Kids During Social Distancing

To learn about a child's well-being, instead of asking "How are you?" ask:

- What do you like most/least about staying at home, and why?
- Are you worried about anything?
- How is everyone getting along?
- What things do you like to do at home? What things don't you like to do?
- What is a typical day like at home?
- What did you have for dinner last night?
- What is the best part of your day? What is the hardest part?
- Do you have everything you need at home?
- Who are the people you can talk to when you are having a problem or are worried about something?