

'Coping with Covid-19'

A Project of SI San Fernando

Presented by
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Club President



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Hi everyone, I'm Terry Rambharat, President of SI San Fernando and I'm pleased to present our Club's project 'Coping with Covid.

The Covid 19 pandemic created many challenges for parents and children, and their mental health was impacted. These challenges included :



Kids Experience...

- Fear
- Anxiety
- Worry
- Uncertainty
- Prolonged periods indoors

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Fear, anxiety, worry, uncertainty and coping with prolonged periods indoors.

Addressing the issues – Dr Karen Moore

- **Children's fears**
- **Speaking about the pandemic**
- **Signs of Stress**
- **Concerns about exams**
- **Children wanting to go out**



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To address the problem we engaged the services of Dr Karen Moore, a child psychologist, to speak directly to the concerns of parents through an online video series

Dr Moore was very keen to do it....and at no cost!
The following issues were addressed:

- Children's fears
- Speaking to your child about the pandemic
- Signs of stress
- Handling concerns about exams
- Children wanting to go out

Introduction to Episodes



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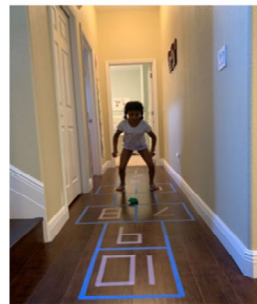
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We also engaged Julie Goveia, a graphic artist from our sister club SI Newtown, to create an attractive package for social media. We were very happy with her design for the introduction.

Another SI Newtown member Jada Lee Lewis edited the videos

Alternatives to Screens

Indoor Hopscotch



Building Structures



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We also recognised that kids were spending a lot of time in front of screens.

To address this we engaged popular tv personality Nikki Crosby who suggested useful alternatives. We were also delighted to have well known former West Indian Cricketer Daren Ganga in a very engaging video that described interesting indoor activities.

Keeping Track.....and Changing Course!

TOPIC	NO. OF VIEWS
Speaking to your child	344
Children's fears	854
Children, stress and the pandemic	350
Daren Ganga	898
Nikki Crosby	1,200
Concerns about exams	658
Children wanting to go out	1,200

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Our videos were shared in our whatsapp groups and on Facebook.

We kept track of the views as we released each video. We realised after the third video that perhaps by using the same introduction viewers didn't recognise the new episodes, so the introduction was removed and thereafter the number of views increased.

The figures also indicated that using a tv personality was a good idea and that the need to go out was an important issue for parents



Our Viewers are Pleased!

"This really helped with Elissa – she is really anxious over this pandemic"

"What great ideas. Thanks for this"

"Thanks. I have stopped stressing about school work"

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And it was very rewarding to see the many positive comments about the videos.

Daren Ganga – Former West Indies Cricketer



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Daren Ganga, a well known cricketer, shares some ideas for playing with primary school children staying at home during lockdown. These include using a balloon as a ball for indoor cricket and volleyball – this is less likely to cause damage but keeps the children occupied physically.

THANK YOU



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