



**Top Tips
for Parents for
giving the
at-home ATKs:**

For Older kids/pre-teens/teenagers considerations:

Just because they “look like an adult,” does not mean that their needs are to be ignored. This can still be concerning to older children/teens. Open the door for conversation.

High schoolers can administer the test themselves with adult supervision, older children and middle schoolers can help with the latter part of the test in some way under adult supervision.

Get their buy-in and give them ownership and empower them in this situation.

Prepare older kids and teens beforehand when they are calm just like you would a younger child.

If your pre-teen/teen experiences anxiety in this situation, have them sit down and guide them through taking slow/deep breaths (count from 1-5 breathing in then count from 1-5 breathing out).

Model doing the test yourself. Show them how it's done right and that it isn't difficult or painful. They will follow your cues.

Explain that the ATK method chosen was the most straightforward and easy to use for all ages based on feedback collected from our community.

For younger children:

- Decide on a **good time** to administer the test, preferably when your child is not tired or hungry, or has just eaten a full meal.



- Use developmentally appropriate and **child friendly language**. For young children: *"ISB wants us all to be safe. Some ways ISB keeps school as safe as possible is by taking your temperature, wearing masks, staying a few feet apart, and the at-home test. You may also hear it called the ATK test, but I think it's funny to call it 'the booger test!' Can you believe they use your boogers to see if you're healthy?! That's so funny!"*

- Carefully **explain the purpose** of the ATK, making sure to describe to your child what they'll see/hear/smell/taste/feel. *"Remember Coronavirus is a virus from yucky germs that can make some people really sick. We can't see the virus with our eyes. It takes a special test like this one to tell us if we have it in our bodies. See this soft thing that kind of looks like a Q-tip? (let the child feel a Q-tip as an example, but keep the swab clean in a wrapper until it is used) It needs to touch the inside of your nose on one side to make 5 circles and then on the other side to make 5 more circles and then we're done!"*



- Be honest.** Instead of, "you won't feel a thing" try: *"Some kids have said it tickles or feels like someone is picking their nose! Others say it feels annoying or a tiny bit uncomfortable, but didn't make their eyes water like other tests they've had because it didn't go up as far. I wonder if you'll say the same or if you'll say it's even easier. I'll get a tissue in case you want to blow your nose right after."*

- Talk about jobs:** the child's job is to: "to be still like a statue." A Caretaker's job is to help the child remain calm and still. *"Do you think your job is to wiggle and dance or to hold still like a statue? What should Mommy do to help you? Would you like me to give you a big hug or squeeze your hand or something else?"*



- Offer appropriate choices.** Do not say "can we do your test now?" because that answer will inevitably be no. Instead try, *"It's time for your test. Let's think about what will help us be still and to make it as easy as possible! Which adult's lap would you like to sit on?"* (maybe they prefer a parent, a nanny, or another family member) *Do you want us to start*



on your left side or your right?” or “would you like to sit on the chair or your bed?” or “what show/music/game on the iPad would you like to watch while we do the test?”

- For our youngest learners, several hours before you give the test, **find a time when they are relaxed and calm.** Decide on which calming down strategies they will use. Older learners can have more time between this conversation and the test: Options might be: deep breathing (use a pinwheel, bubbles, party noise maker), pressure (squeezing a hand/ball/ caregiver in a “big bear hug”), positive self talk, counting, prayer/meditation, imagining a place they’d rather be/ happy memories, etc. *Will you help me count to 10? Should we do it in English or in Thai? Oh, great idea to do your slow, deep “yoga breaths” too.*



- Kids take their cues from us. **Be calm and positive!** Remember the more calm you are, the more calm they will be. *“I know, I wish we didn’t have to do this test today either, but the good news is, the more we do it, each time could be easier and easier AND you are stronger and braver than before/yesterday. I bet this is even easier than you think! You might laugh afterward at how easy it actually was!”*
- When you are finished, **give low-key verbal praise,** change up the scenery, give opportunities for debriefing and talking about feelings.
- When we **start off on the right foot,** the future tests will likely continue in a positive manner (not a “let’s just get it done” mentality)

