



Embassy of Grenada
NEWSLETTER
Volume 2 | Issue 2



EMBASSY CLOSED

In accordance with the guidelines of federal, state and local authorities, the Embassy is closed effective March 31, 2020.

VISIT OUR WEBSITE FOR UPDATES/CHANGES
WWW.GRENADAEMBASSYUSA.ORG



GRENADA'S AMBASSADOR IN THE U.S.

Her Excellency Yolande Yvonne Smith is Grenada's Ambassador Extraordinary & Plenipotentiary to the United States of America and Grenada's Permanent Representative to the Organization of American States (OAS).

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CONSULAR SERVICES DELAYED

Staff will be teleworking where possible during the office closure. Due to this and widespread travel restrictions, the Consulate will not be processing new applications.

Current applications will be delayed by 5-7 business days.

THE MINISTRY OF HEALTH ON FACEBOOK

Visit the Facebook Page of the Ministry of Health for the latest updates on the coronavirus (COVID-19) from Grenada.

www.facebook.com/HealthGrenada



INSIDE THE ISSUE...

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- Consulate Putting Pause on New Applications During Office Closure
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- A Message From the Desk of the Ambassador
- Social Distancing Tips for Parents



From the Desk of the Ambassador

HER EXCELLENCY YOLANDE Y. SMITH

A MESSAGE ON COVID-19 AND SOCIAL DISTANCING

Dear Nationals and Friends of Grenada,

It is my hope that at this time everyone is taking the threat of the COVID-19 pandemic seriously.

The Embassy is complying with the recommendations and regulations outlined by the Mayor of the District of Columbia, the United States Department of State and the Centers for Disease Control and Prevention (CDC). We are also working with the Government of Grenada COVID-19 Taskforce and the Ministry of Health to provide nationals with the relevant information in a timely and accurate manner.

We cannot stress enough the importance of everyone taking the necessary precautions to keep yourself and your loved ones safe. It is our responsibility to follow the advice of our local leaders and healthcare professionals.

We encourage you to continue visiting our website, and if you have not done so as yet, please register on the [database](#) so that we can target

information to your specific needs. It is useful for the Embassy to be able to identify and pinpoint the location of our nationals in the diaspora. For example, in cases of crisis, we should be able to directly communicate with our students who are a special and oftentimes vulnerable population.

We are aware that many parents are asked to #StayAtHome at this time. It can become very stressful for those who do not do it on a daily basis, to perform the dual duties of childcare while working from home. I have come across these helpful tips for parenting that are shared on the next two pages.

For those of you who are sadly, temporarily or permanently out of employment, please check with your local municipalities' websites for postings on criteria and eligibility for relief efforts.

We are all affected by this epidemic. Let us all do our part to mitigate the spread of the coronavirus. Be responsible and be safe. Together we will get through this period of crisis.

1 COVID-19 PARENTING One-on-One Time

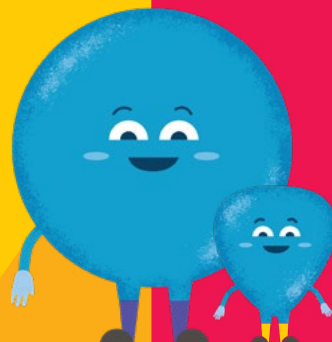
Can't go to work? Schools closed? Worried about money? It is normal to feel stressed and overwhelmed.

School shutdown is also a chance to make better relationships with our children and teenagers.
One-on-One time is free and fun. It makes children feel loved and secure, and shows them that they are important.

Set aside time to spend with each child



It can be for just 20 minutes, or longer – it's up to us. It can be at the same time each day so children or teenagers can look forward to it.



Ask your child what they would like to do



Choosing builds their self confidence. If they want to do something that isn't OK with physical distancing, then this is a chance to talk with them about this. (see next leaflet)

Ideas with your baby/toddler



- > Copy their facial expression and sounds
- > Sing songs, make music with pots and spoons
- > Stack cups or blocks
- > Tell a story, read a book, or share pictures

Switch off the TV and phone. This is virus-free time

Ideas with your teenager

- > Talk about something they like: sports, music, celebrities, friends
- > Go for a walk – outdoors or around the home
- > Exercise together to their favorite music

Ideas with your young child

- > Read a book or look at pictures
- > Go for a walk – outdoors or around the home
- > Dance to music or sing songs!
- > Do a chore together – make cleaning and cooking a game!
- > Help with school work

**Listen to them, look at them.
Give them your full attention.
Have fun!**

For more information click below links:

Parenting tips
from WHO

Parenting tips
from UNICEF

In worldwide
languages

EVIDENCE-BASE



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2 COVID-19 PARENTING

Keeping It Positive

It's hard to feel positive when our kids or teenagers are driving us crazy. We often end up saying "Stop doing that!" But children are much more likely to do what we ask if we give them positive instructions and lots of praise for what they do right.

Say the behaviour you want to see

- Use positive words when telling your child what to do; like 'Please put your clothes away' (instead of 'Don't make a mess')

It's all in the delivery

- Shouting at your child will just make you and them more stressed and angrier. Get your child's attention by using their name. Speak in a calm voice.

Praise your child when they are behaving well

- Try praising your child or teenager for something they have done well. They may not show it, but you'll see them doing that good thing again. It will also reassure them that you notice and care.

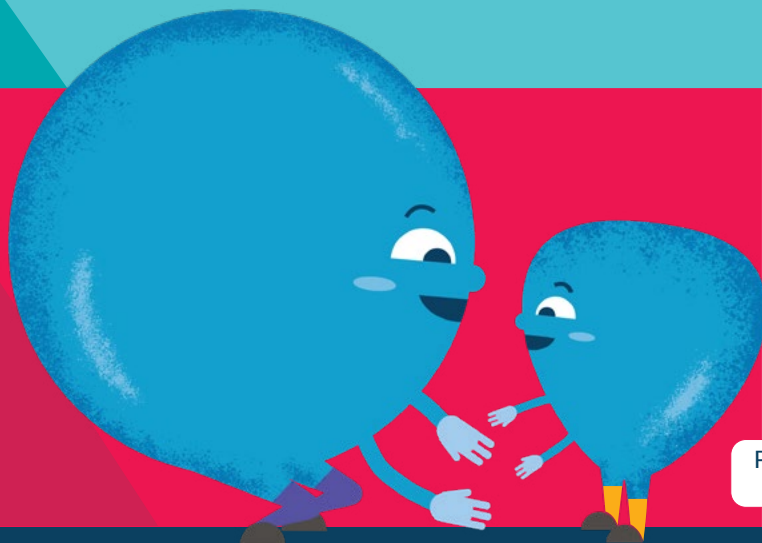


Get real

- Can your child actually do what you are asking them? It is very hard for a child to keep quiet inside for a whole day but maybe they can keep quiet for 15 minutes while you are on a call.

Help your teen stay connected

- Teens especially need to be able to communicate with their friends. Help your teen connect through social media and other safe distancing ways. This is something you can do together, too!



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