

# Coping with COVID-19

## What is your child experiencing during COVID-19?

- Seeing global pandemic and worrying
- Feeling a big change in schedule and normal life
- Hearing parents, trusted adults and leaders expressing alarm or worry



## How does this impact your child's behavior and health?

- Increasing worry and stress
- Acting out or holding feelings inside
- Expressing fear in the form of anger or arguments
  - Causing sleeping problems
- Changing eating habits, which can lead to stomach aches and headaches
  - Provoking tears easily in some children



## What does your child need?

- To feel safe
- To belong
- To have a feeling of control<sup>1</sup>



## How can you help?

Manage moods	Maintain a consistent routine	Connect	Grow
<ul style="list-style-type: none"><li>• Focus on staying calm</li><li>• Help your child cope in a healthy way<ul style="list-style-type: none"><li>- Play games</li><li>- Be active</li><li>- Draw</li><li>- Listen to calming music</li></ul></li><li>• Give your child control of different things<ul style="list-style-type: none"><li>- Choose one chore out of three for them to complete</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Set a regular bedtime and turn off devices one hour before</li><li>• Create a daily schedule with your child</li><li>• Prepare everyday meals</li></ul>	<ul style="list-style-type: none"><li>• Spend time together as a family</li><li>• Help your child chat virtually with friends and family</li><li>• Play games together</li></ul>	<ul style="list-style-type: none"><li>• Do something new and different<ul style="list-style-type: none"><li>- Create an indoor scavenger hunt</li><li>- Geocaching</li></ul></li><li>• Create a warm, loving environment<ul style="list-style-type: none"><li>- Use calm voices</li><li>- Share kind words</li></ul></li></ul>

<sup>1</sup>Steve O'Brien, Psy.D., *Anxiety in Children During the Covid-19 Crisis: Targeted Strategies to Create Calm and Build Resilience*