



How to support your child during COVID-19

Keep routines in place

- Stick to a regular schedule. Consistency and structure are calming during times of stress
- Make a schedule and post it for the family to see
- Set a timer to help children know when an activity (lesson) starts and stops

Be creative about new activities — and exercise

- Incorporate new activities into your routine (puzzles/games)
- Get exercise outside without contact with others (walk/bike ride)
- Do things you did as a child and share with your family (arts and crafts/science projects/household projects)

Manage your own anxiety

- Your anxiety has an impact of your child. Try to keep your worries in check
- Keep your perspective and engage in facts, try not to listen to gossip
- If you are anxious or concerned, try not to talk about it within earshot of your children
- Step away and take a break, take a shower, go outside and walk

Limit consumption of news

- Stay informed but limit your consumption
- Mute the TV or unfollow friends or co-workers who are prone to sharing panic-inducing information
- Take a break and follow or watch positive, funny or creative shows or posts

Stay in touch virtually

- Keep your support network strong
- Socializing keeps you grounded, stay in touch with family and friends that help elevate your mood (and your children)
- Communication helps children feel less alone, let them Skype, FaceTime, or whatever they use to stay in touch with friends. Make sure you monitor and establish a time limit.
- Keep kids in the loop — but keep it simple
- Talk to children in a clear, reasonable way about what's going on to help them understand
- They don't need to know EVERYTHING, but be honest and thoughtful on what information you want to share

Check in with little kids

- Younger children will feel unsettled due to the change in routines
- Check in periodically and them the chance to process and ask questions
- Children that are defiant or acting out, at any age, may be feeling anxious

Above all, stay safe and healthy. Eat the right foods, wash your hands and be thankful you are with the ones you love.