

CUSD DEPT. OF COUNSELING AND SOCIAL SERVICES

How to Support My Child during the Pandemic



HOW TO TALK TO MY CHILD ABOUT COVID-19

You know your child best.

Use your child's questions to help guide how much information you provide.

However, don't avoid speaking about COVID-19 as this can increase fear and misinformation.

Be patient.

Watch for clues that your child may want to talk, such as hovering around while you work.

When sharing information, provide facts without promoting anxiety.

Remind children that adults are working to address this concern, and brainstorm actions they can take to protect themselves.

Keep explanations age appropriate.

Be as available as possible to your child.

Listen.

And remember to care for yourself too!

You are your child's best resource.

RESOURCES

211

211arizona.org

cUSD80.com/COVID19

Teen Lifeline

(602) 248-8336

teenlifeline.org

Crisis Response

Network

(602) 222-9444

www.crisisnetwork.org

Crisis Text Line

Text HOME to 741-741

www.crisistextline.org

Helping Children Cope

	Reactions	How To Help
Elementary ages 6-12	<ul style="list-style-type: none">• Irritability, whining, aggressive behavior• Clinging, nightmares• Sleep/appetite disturbance• Physical symptoms (headache, stomach ache)• Withdrawal from peers, loss of interest• Competition for parent's attention• Forgetfulness for chores and new information learned	<ul style="list-style-type: none">• Patience, tolerance, and reassurance• Staying in touch with friends through telephone and Internet• Regular exercise and stretching• Engage in educational activities (workbooks, educational games)• Participate in structured household chores• Set gentle but firm limits/ maintain family routines• Discuss the current outbreak and encourage questions. -Include what is being done in the family and community• Encourage expression through play and conversation• Help family create ideas for promoting family health• Limit media exposure, talk about what they have seen/heard• Clarify misinformation
Secondary ages 13-18	<ul style="list-style-type: none">• Physical symptoms (headaches, rashes, etc.)• Sleep/appetite disturbance• Agitation or decrease in energy, apathy• Ignoring health promotion behaviors• Isolating from peers and loved ones• Concerns about stigma and injustices• Avoidance	<ul style="list-style-type: none">• Patience, tolerance and reassurance• Encourage continuation of routines• Encourage discussion of outbreak (but don't force)• Stay in touch with friends via phone, internet, & video games• Participate in family routines, ex. chores, supporting siblings, and planning strategies for family health• Limit media exposure, talking about what they have seen/heard• Discuss and address stigma, prejudice and potential injustices occurring during outbreak

Infographic adopted from: National Child Traumatic Stress Network (March 1, 2020). Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 (COVID-19). Retrieved from www.nctsn.org

HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

- **Contact your physician or your insurance company for health-related questions or to seek mental health support.**
- **Southwest Behavioral Health at the Chandler Care Center is providing telehealth services.**
 - **School Counselor can provide referral for services.**
 - **SWBH accepts AHCCCS insurance and self-pay sliding scale fees**
- **School Counselor and School Social Workers are available for specific services referrals, questions, or concerns.**
 - **Contact your school site for more info**

HELPFUL WEBSITES

cusd80.com/counseling

[Child Mind Institute
childmind.org](http://ChildMindInstitute.org)

[The National Child
Traumatic Stress Network
www.nctsn.org](http://TheNationalChildTraumaticStressNetwork.org)

[Brain Pop brainpop.com](http://BrainPop.com)
Search COVID for activities

[FREE Mindfulness Online
Classes for Kids
www.mindfulschools.org](http://www.mindfulschools.org)

Information is rapidly changing about this new virus—
Stay Informed www.cdc.gov