
For more resources on caring for your Children through COVID-19 visit the following websites:

www.aacap.org

<https://www.wnyc.org/story/talking-kids-about-covid-19/>

<https://www.psychologytoday.com/us/blog/caring-autism/202003/coronavirus-covid-19-what-talk-about-your-child>



Modeling is a powerful teaching tool. For resources on healthy coping behaviors for adults visit the following websites:

<https://www.nih.gov/health-information/emotional-wellness-toolkit>

<https://www.health.harvard.edu/topics/mind-and-mood>

<https://www.apa.org/helpcenter/>

For up to date information on COVID-19 the following websites are considered verified and reliable information sources for parents:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>



For creative indoor activity ideas:

<https://familyguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2/>

<https://momypoppins.com/ny-kids/50-indoor-activities-for-a-rainy-day>

Helping Children Cope Through COVID-19

Caring for yourself and family during uncertainty.



Your HEALTH is our MISSION

What is COVID-19?

-The Coronavirus Disease (COVID-19) is a respiratory illness that can spread from person to person.

What are the symptoms?

-Fever, cough, and shortness of breath

Who is at risk?

-Individuals with recent travel to areas most affected and those in close contact with travelers from affected regions.

How do Public Health concerns affect Children?

Children often rely on adults to provide information about the world around them. When big changes are happening to their routines or they hear adults expressing concern it is natural for them to be curious and have questions. There is no right or wrong way

Talking Tips:

- Be honest and open but use words and concepts that are age appropriate.
- Validate their feelings or offer reassurance through concrete examples. This can be an opportunity to remind children of all the helpers that care for people when things feel scary.
- Limit Media exposure and be mindful of adult conversations. Children often gauge their reactions off of the modeling of adults. It is important that they aren't exposed to graphic reports, images, or conversations that might contribute to concern.
- Be prepared to repeat yourself. Constant questions may be your child's attempt to gain reassurance.
- Remember to let them be kids. Make time for silly conversations, use positive distraction, and engage in playful interactions to maintain a sense of normalcy.

to approach these conversations, but remaining open to your child's natural curiosity and responding to it with age appropriate information and reassurance is a great place to start. Some children may have little to no desire to understand COVID-19 and that's ok too!



Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

Things to Remember:

- Practice what you preach! Modeling healthy behaviors will not only help your own resilience but will encourage your children to do the same. Encouraging your children to care for themselves can be a quick way to reassure them while keeping yourself on track as well.
- Stay informed and verify sources. Inaccurate information is a recipe for unnecessary stress. Make sure your info sources are credible and verified so you can provide up to date answers to questions.

