



How to Talk with Your Child About COVID-19

Listed below are many resources to help you navigate conversations about COVID-19 and how to help your child/children cope with information about the pandemic, manage their anxiety and fears, and adjust to their new daily schedule.

- [Helping Kids Adjust to Remote Learning During the COVID-19 Pandemic, UNICEF USA](#)
- [Handling Your Kid's Disappointment When Everything Is Canceled, New York Times](#)
- [Resources for Supporting Children's Emotional Well-being during the COVID-19 Pandemic, Child Trends](#)
- [Staying Emotionally Close In The Time of COVID-19 \(feat. Dr. Bruce Perry\), The Trauma Therapist Podcast](#)
- [How to Talk to Kids About Coronavirus, New York Times](#)
- [How to Talk to Your Kids About Coronavirus, PBS Kids](#)
- [Talking to Kids About the Coronavirus, Child Mind Institute](#)
- [Coronavirus and Parenting: What You Need to Know Now, NPR](#)
- [Love in the Time of Coronavirus: A HOPE-informed Guide for Parents, HOPE \(Healthy Outcomes from Positive Experiences\)](#)
- Article about the importance of self care and some ideas of how to implement them!
<https://www.thehotline.org/2014/08/08/the-importance-of-self-care/>
- For more information on how to manage stress and anxiety and for other resources for parents on how to talk with children about COVID-19, establish routines during school closures, and model proper hygiene, visit the **Prevent Child Abuse America website**: <https://preventchildabuse.org/coronavirus-resources/> or call 1-800-244-5373
- **National Association of School Psychologists** has tips on how to talk to kids about the pandemic
 - [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)



Coping Skills + Self-Care Tips for Parents

Ways to Cope with Stress

- **Take breaks from watching, reading, or listening to news stories**, including social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.**
 - Take deep breaths, stretch, or meditate.
 - Try to eat healthy, well-balanced meals.
 - Exercise regularly, get plenty of sleep.
 - Avoid alcohol and drugs.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling

Pay Attention to How You Are Feeling

Take the time to notice your feelings and pause and reflect before responding to sources of stress.

- Place one hand on your belly and one on your chest.
- Take a deep breath into your belly and feel your hand rise.
- Exhale slowly and gently through your lips, like you are blowing on hot soup.
- Repeat two to four times.
- Respond to the situation once you have calmed yourself.

Practice Gratitude and Altruism

Reflecting on the gifts of today is an essential element of happiness and contentment. And while it is easy to ruminate on our loss of freedom and normalcy, focusing on the negative only perpetuates despair. Although it may not be automatic, taking a few minutes each day to mindfully list things you are thankful for will change your perspective and increase your sense of well-being. The practice of gratitude is also great for the whole family, allowing children to focus on the positive.

The same goes for helping others in a time of need. Can you run errands for your elderly neighbor? Or help organize activities for kids and share them with other parents? Take this opportunity to sort out old toys, books, and clothes and make donations to charity? By helping others, we strengthen our sense of belonging and gain a sense of community.

Know when to seek help

Lastly, as you and your family are undoubtedly experience some anxiety, it is important to know when and where to seek help. Panic will only fuel impulsive behavior, reduce intelligent decision making, and increase our vulnerability. The Anxiety and Depression Association of America has compiled a list of trusted resources and expert tips. Taking care of your mental health is a vital part of ensuring that your kids and teens navigate this time successfully. We know from well-established scientific studies that children's mental health improves when parents seek mental health care first.

- <https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>

More Tips + Tricks for Coping and Self-Care:

- Mental Health and Coping During COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- A Guide to Parent Self-Care During the COVID-19 Pandemic: <https://blog.oup.com/2020/03/a-guide-to-parent-self-care-during-the-covid-19-pandemic/>
- Young Children at Home during the COVID-19 Outbreak: The Importance of Self-Care: <https://www.zerotothree.org/resources/3262-young-children-at-home-during-the-covid-19-outbreak-the-importance-of-self-care>
- Supporting Families During COVID-19: <https://childmind.org/coping-during-covid-19-resources-for-parents/>
- Mama, Take Care of Yourself During COVID-19: <https://www.psychologytoday.com/us/blog/special-matters/202004/mama-take-care-yourself-during-covid-19>

