



A NOTE FROM THE MIDDLE SCHOOL OFFICE

Dear Middle School parents,

I am writing once again to express my hope that you and your children are all safe and healthy. It is a difficult and challenging time and therefore, to try and help I am sharing some strategies and resources that may be useful for you and your family from the International School Counselors Association:

It is important to remember our children are looking to us for reassurance and cues on how to react and respond. Below are five strategies to build resilience, and have reassuring conversations:

Stay Positive: Remember to keep calm. If you show anxiety or fear, your child will pick up on this and also feel nervous and afraid. Changes to the environment and routines can create unease. Having calm, panic-free discussions can ease emotions around these changes. Check-in on how your child is feeling and acknowledge and address their worries rather than ignore them.

Stick to the facts: It is important to have thoughtful conversations regarding the coronavirus to distill anxiety, worry or fear. Look at the facts. Consider your child's age, processing, and emotions to determine how to frame these conversations to ensure your child understands. Let them know that many things are being done to combat the virus. Check-in on what your child is thinking and address their worries. Discuss with them that not everything they hear or see is real. It can also be comforting to be reminded that doctors around the world are looking for ways to address the coronavirus and *highlight positive news as well*.

Consider Media Consumption: When looking online, consider the source and fact-check to prevent fake news, and think before you share. Be mindful of how much media you are checking and minimize how often you are reading stories. Try to keep a healthy balance (both online and offline) in your daily routines and lifestyle.

Eliminate stigma: It is important to be aware of how the coronavirus is explained to your children to avoid any person/group being blamed. Also communicate that if someone has a fever or cough does not mean this person has the coronavirus.

Boost Your Coping Strategies: When anyone has change or uncertainty this can create some levels of worry or anxiety. When this occurs, it is important to use *positive coping strategies to manage those emotions*. Coping strategies can include: positive self-talk, singing, dancing, reading, drawing, music, movies, create a gratitude list, meditation, yoga, coloring, exercise, cooking/baking, talking to a friend or family member, or doing other activities that are fun or give you joy and make you feel good.

Additionally, here are some additional resources that you may find useful:

Articles:

- [How to Talk to Kids About World Trauma](#)
- [Coronavirus Anxiety: Four Ways to Cope With Fear](#)
- [Understanding the Mental Health and Social Impact of the Coronavirus: Finding the Middle Path](#)

Videos:

- [Brain Pop Video](#) - This is a great clip for kids, explaining the virus and how to stay healthy.
- [Coronavirus WHO \(video\) from the World Health Organization](#): “What do you know about the novel Coronavirus that is causing a health emergency? “

If you notice your child is still worried or anxious, be assured that this is a normal reaction, and continue conversations and providing care for your child. If you find that additional support is needed, please reach out to me (Christina DeMers, cdemers@aisgz.org) and I can help suggest alternative ways to support them during this time.

Take care,

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