



A NOTE FROM THE MIDDLE SCHOOL OFFICE

Dear AISG Middle School parents,

As we all know this is a very challenging time. With no way to predict what will happen next, there can be feelings of uncertainty and anxiety. As a school, AISG is here to help and support each and every one of our school community.

To help you and your children navigate this challenging situation I am sharing some resources below that may be helpful, as well as reminding you that I am here if you have questions or concerns relating to the emotional health of your children (My email: cdemers@aisgz.org)

Lastly, please remember that while you help your child to cope with feelings of anxiety or distress, that is crucial for you as parents to take care of yourselves as well. I hope you find some of these tools helpful for you.

Articles:

- [Helping Kids Cope With Anxiety Over Distressing News](#)
- [Explaining The News to Our Kids](#)
- [How to Talk to Your Kids About the Coronavirus](#)
- [Helping children and teens cope with stressful public events](#)

Resources:

Ready.gov

<https://www.ready.gov/helping-children-cope>

Healthychildren.org

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/Responding-to-Childrens-Emotional-Needs-During-Times-of-Crisis.aspx>

Helping Children Cope

<https://www.schoolcounselor.org/asca/media/asca/Crisis/HelpforCaregivers.pdf>

Child Development Institute

<https://childdevelopmentinfo.com/how-to-be-a-parent/communication/talk-to-kids-media-violence/#gs.w5hwiY>

Apps (download on apps store) to cope with Anxiety & to practice Mindfulness

- [Calm](#)
- [Breathr](#)
- [HeadSpace](#)
- [Stop, Breathe & Think](#)

WAYS TO SUPPORT YOUR CHILD



Model Calmness

It's important to remain calm. Your child may be anxious if you panic and demonstrate severe anxiety.



Listen

Your child may want to express themselves and share their concerns. Listening is an effective way to show that you care.



Reassure Them



Honesty

Letting your child know that you love them and that you will keep them safe is helpful for your child to hear and feel.

It's important to be honest with your child and share the appropriate level of information to them.



Keep a Routine

A routine is important for your child. It can help give stability and normalcy. Try to be consistent with times allocated for learning, studying, eating, staying active and other activities.



Look out for Announcements

AISG will be in constant communication with you. Please make sure to look out for emails and stay up to date with any announcements and updates!

If you have any questions, please reach out.

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