



March 30, 2020

CALHOUN PRIMARY SCHOOL

SUPPORT FOR PARENTS/ COVID 19

As Confirmed cases continue to multiply daily, feeling anxious, confused, overwhelmed or powerless is common. This is especially true in the face of a virus with which our country and world is unfamiliar.



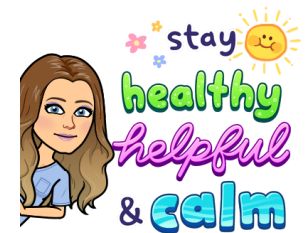
WE ALL NEED SUPPORT TO DEAL WITH THESE FEELINGS OF DISTRESS AND ANXIETY. THE BEST WAY TO DEAL WITH THESE FEELING IS TO TAKE ACTION!

1. **KNOW ALL THE FACTS ABOUT THE VIRUS (DON'T LISTEN TO "HEAR SAY") REMEMBER KNOWLEDGE IS POWER!**
2. **KNOW YOUR BEST DEFENSE AGAINST VIRUS! PRACTICE AND PREACH THESE PREVENTIONS TECHNIQUES WITH YOUR CHILDREN!**
3. **KEEP UP WITH MOST CURRENT STATISTICS AND STATE MANDATES!**
4. **TALK WITH YOUR CHILDREN, they can feel scared, confused, or anxious—as much as adults**

TIPS TO HELP PARENTS SUPPORT CHILDREN

Focus on supporting children by encouraging questions and helping them understand the current situation.

- Talk about their feelings and validate these
- Help them express their feelings through drawing or other activities
- Clarify misinformation or misunderstandings about how the virus is spread and that not every respiratory disease is COVID-19
- Provide comfort and a bit of extra patience
- Check back in with your children on a regular basis or when the situation changes



HELPING CHILDREN COPE

Tips for Talking With Children and Youth of Different Age Groups During an Infectious Disease Outbreak

AGE GROUP	REACTIONS	HOW TO HELP
PRESCHOOL (ages 0-5)	Fear of being alone, bad dreams Speech difficulties Bladder/bowel control, constipation, bedwetting Change in appetite Increased temper tantrum, whining, or clinging behaviors	Patience and tolerance Provide reassurance (Verbal and Physical) Encourage expression through play, reenactment, story-telling Allow short-term changes in sleep arrangements Plan calming, comforting activities before bedtime Maintain regular family routines Avoid media exposure

<p>SCHOOL-AGE (ages 6-12)</p>	<p>Irritability, whining, aggressive behaviors</p> <p>Clinging, nightmares</p> <p>Sleep/appetite disturbance</p> <p>Physical symptoms (headaches, stomachaches)</p> <p>Withdrawal from peers, loss of interest</p> <p>Forgetfulness of chores, and new information learned during at home school</p>	<p>Patience, tolerance, and reassurance</p> <p>Play sessions and stay in touch with friends through telephone and internet</p> <p>Regular exercise and stretching</p> <p>Engage in educational activities (workbooks, educational games)</p> <p>Participate in structured household chores</p> <p>Set gentle but firm limits</p> <p>Discuss the current outbreak and encourage questions. Include what is being done in the family and community</p> <p>Encourage expression through play and conversation</p> <p>Help family create ideas for enhancing health promotion behaviors and maintaining family routines</p> <p>Limit media exposure, talking about what they have seen/heard including at school</p> <p>Address any stigma or discrimination occurring and clarify misinformation</p>
<p>ADOLESCENT (AGES 13-18)</p>	<p>Physical symptoms (headaches, rashes, etc.)</p> <p>Sleep/appetite disturbance</p> <p>Agitation or decrease in energy, apathy</p> <p>Ignoring health promotion behaviors</p> <p>Isolating from peers and loved ones</p> <p>Concerns about stigma and injustices</p> <p>Avoiding/cutting school</p>	<p>Patience, tolerance, and reassurance</p> <p>Encourage continuation of routines</p> <p>Encourage discussion of outbreak experience with peers, family (but do not force)</p> <p>Stay in touch with friends through telephone, Internet, video games</p> <p>Participate in family routines, including chores, supporting younger siblings, and planning strategies to enhance health promotion behaviors</p> <p>Limit media exposure, talking about what they have seen/heard including at school</p> <p>Discuss and address stigma, prejudice and potential injustices occurring during outbreak</p>

FOR MORE INFORMATION CONTACT:

THE NATIONAL CHILD TRAUMATIC STRESS NETWORK: www.NCTSN.org

English link:

https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

Spanish link:

https://www.nctsn.org/sites/default/files/resources/fact-sheet/parent_caregiver_guide_to_helping_families_cope_with_the_coronavirus_disease_2019-sp.pdf



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