Talk to Them about What's Going On

Be intentional about talking to your children about what's going on. In words they can understand, explain the facts from a trusted source.

Reassure Them

Let kids know that this will pass. Be open with them that most people who do get sick get better.

If they keep asking, remind them of what they're doing to prevent getting sick and how they are coping. If we reward the need for reassurance too much, we can create a bigger problem.

Stick to Routine

We all do better with a routine, but children especially need that predictability.

Switch up play with school work or chores, but keep awakening times, meals, bedtimes, and work times consistent daily.

Ways Parents Can Help Their Children Manage Anxiety During the Pandemic

Limit Exposure to News

Kids might misunderstand what they hear or see on the news or social media. It's best if their information comes through you or a kid-friendly source.

If you need help in a mental health emergency, you can call 911, the Suicide Hotline at 800-273-8255, or one of the hospital emergency rooms.

Mental Health and Coping During COVID-19. (2020, April 1). Retrieved April 8, 2020, from
https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html

Be a Role Model

Manage your own stress. Take breaks, eat healthy food, exercise. And when you feel afraid or anxious, do something to calm your body like deep breathing, listening to calming music, or doing a fun activity.

Red Shoes

Johanna Druen