Tips and Resources for Children and Parents During COVID-19

- Learn what your child already knows, encourage them to ask questions and talk about their fears. Provide extra comfort and reassurance when needed.
- Answer questions simply and honestly. Focus on safety precautions rather than risks.
- Teach prevention strategies such as handwashing, mask wearing and social distancing. This will give children a sense of control and can reduce anxiety.
- Manage your own stress. This can help reduce kids worries and anxiety.
  - Monitor social media use and limit screen time.
- Keep a consistent routine. Consistency and structure are calming during times of stress and can provide a sense of normalcy.
- Be sure to practice self-care. Model relaxation techniques such as reading a book, exercising, or journaling.
  - Create device free time in your home.
- Allow expectations of yourself and others to be flexible.
- Stay connected virtually. Prevent isolation by scheduling regular facetimes, zooms or phone calls with your support network.
- Be a mindful family. Find a way to help everyone take a moment to slow down, stay present and come together (ex. Family yoga or quiet walk).
- Put activities on the calendar so you have something to look forward to. Allow your children to help plan these activities (get takeout, movie night, etc.).
  - Ask for help when you need it, we are all in this together!
Helpful Books for Preschool and School Aged Children

• The Way I feel by Janan Cain
• The Rabbit Listened by Cori Doerrfeld
• A Terrible Thing Happened by Margaret Holmes
• The Huge Bag of Worries by Virginia Ironside
• The Invisible String by Patrice Karst
• The Goodbye Book by Todd Parr
• My Many Colored Days by Dr. Suess

Helpful Books for Older School Aged Children and Teens

• Hello Happy! An Activity Book for Young People Who Sometimes Feel Sad or Angry by Steph Clarkson and Katie Abey
• Be Brave! An Activity Book for Young People Who Sometimes Feel Scared or Afraid by Sharie Coombes and Katie Abey
• No Worries! An Activity Book for Young People Who Sometimes Feel Anxious or Stressed by Lily Murray and Katie Abey
• When Something Terrible Happens: Children Can Learn to Cope With Grief by Marge Heegaard

Children’s Mental Health Matters Activities and Journal Prompts:

• http://aamentalhealth.org/tr_wellness.cfm