

# Helping Children Cope with COVID-19



With schools closed and ‘stay-at-home’ orders in place, children may experience fear and apprehension. They will look to trusted adults, parents, friends and teachers for answers and guidance. Many resources exist to assist us in having these difficult conversations and keeping our children happy, healthy and safe.

- Remain calm & reassuring. Children are great at picking up on our emotions.
- Make time to talk AND to listen
- Avoid blaming anyone; viruses can make anyone sick.
- Pay attention to what children are seeing on TV, radio & online. Consider reducing the amount of time focused on COVID-19.
- Give children information that is truthful.
- Teach children everyday actions to reduce the spread of germs and model those actions yourself.

Above all, keep it simple!

- Laugh and play together. Dust off some games and puzzles.
- Pets are a proven stress reliever too.
- Try to maintain a daily routine as much as possible and build in some productive and fun time.
- Bake cookies together, watch a movie, learn new skills.
- Ask them to draw pictures on how the ‘stay-at-home order’ has changed their life.

