

# STRATEGIES FOR SUPPORTING CHILDREN

## DURING COVID-19

### ACKNOWLEDGE FEARS & BE REAL

- Be honest and give age-appropriate information
- Occasionally be open about your own emotions
- Help children see it is okay to have feelings AND show them that you can manage them

### HELP MANAGE NEWS INTAKE

- Children look to the adults around them to learn how frightened they should be
- It's helpful if adults take in the news and then convey it to children, rather than children viewing news on their own
- Discuss news in the context of a supportive relationship and in manageable bits
- Help children learn about credible news sources

### BE CURIOUS WITH THEM

- Ask about what they are hearing and thinking
- Respond to their questions with facts
- Use developmentally appropriate language and relatable examples
- Follow their lead of where their thoughts are going, and help them limit
- the amount of time spent focusing on them.

### YOUR PRESENCE AND ATTENTION ARE KEY

- Be available for questions or expressions of emotion
- It's okay if you don't have all the answers; your presence can help them tolerate not knowing
- Find simple activities to keep busy and shift attention when they're ready

### ROUTINE!

- Participate in regular activities as much as possible
- Eat, sleep, bathe, and play at regular times that children are used to
- Help children know what they can do – this builds self-efficacy (this may include chores around the house, creating new things, continuing to play, etc.)