

HERE ARE SOME WAYS TO

SUPPORT CHILDREN THROUGH THE PANDEMIC

THE PANDEMIC BROUGHT
ALONG A WAVE OF CHANGE
THAT CAN BE A LOT TO DEAL
WITH FOR CHILDREN

THEY NEED OUR SUPPORT
RIGHT NOW MORE THAN
EVER



TALK WITH YOUTH

WHEN DISCUSSING DIFFICULT TOPICS WITH CHILDREN, THE BEST THING YOU CAN DO IS STAY CALM, LISTEN, AND OFFER REASSURANCE

LET YOUR CHILDREN'S QUESTIONS GUIDE YOU

FOCUS ON THE POSITIVE



ACTIONS TO REDUCE COVID ANXIETY

**ESTABLISH AND MAINTAIN A DAILY ROUTINE TO
PROVIDE CHILDREN WITH A SENSE OF CONTROL,
PREDICTABILITY, CALM, AND WELL-BEING**

**IDENTIFY PROJECTS WITH A POSITIVE IMPACT
THAT YOUR CHILD CAN DO TO KEEP THEIR MIND
OFF STRESSORS**

OFFER LOTS OF LOVE, COMFORT, AND AFFECTION

BE AWARE OF THEIR MENTAL HEALTH

LOOK OUT FOR THESE COMMON SIGNS OF STRESS IN CHILDREN

PRESCHOOL

THUMB SUCKING
BED-WETTING
CLINGING TO PARENTS
SLEEP DISTURBANCES
LOSS OF APPETITE
FEAR OF THE DARK
REGRESSION IN BEHAVIOR
WITHDRAWAL

ELEMENTARY

IRRITABILITY
AGGRESSIVENESS
CLINGINESS
NIGHTMARES
SCHOOL AVOIDANCE
POOR CONCENTRATION
WITHDRAWAL FROM ACTIVITIES AND FRIENDS

ADOLESCENTS

SLEEPING AND EATING DISTURBANCES
AGITATION
INCREASE IN CONFLICTS
PHYSICAL COMPLAINTS
POOR CONCENTRATION
INCREASE IN RISKY BEHAVIORS
DRASTIC CHANGES IN APPEARANCE