

MENTAL HEALTH TIPS FOR PARENTS

DURING COVID-19



CHILDREN look to adults for guidance. Keeping your stress in check can help manage kids' worries and anxiety.



ENCOURAGE children to ask questions and talk about their fears. This provides parents the chance to give age-appropriate information.



TEACH children prevention strategies such as hand-washing and covering coughs. This reduces the risk of infection and gives children a sense of control, which can reduce anxiety.



ROUTINE and structure are your friends. Involve children in creating their daily or weekly routine that includes: hygiene, learning, reading, exercise, play, mindfulness, and nutrition.



STAY CONNECTED. Help kids address isolation and social distancing by writing cards and letters, making crafts, and calling or FaceTiming friends and loved ones.



FAMILY TIME. Play board games, cards, checkers, and trivia games. This can help kids feel secure while keeping them connected. Involve kids in sanitizing these items after use.



USE THE WEB RESPONSIBLY. Monitor use of social media. There are many online resources for kids to learn. Plan which websites are appropriate for your children.



SELF CARE. Teach children about wellness. Build time daily for rest and mindfulness activities such as yoga or meditation. Model relaxation techniques like reading a book or watching a movie.



BE ACCESSIBLE. Children need reassurance as the crisis progresses. Be honest and manage expectations. Let them know you are there and will help keep yourself and family well.



DON'T PANIC. The community's response to COVID-19 is evolving daily. Know where to get help and information to help maintain the mental wellness of your children and family.

Source: www.examiner.org