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.

**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.

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

**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.

**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.

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

**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.

**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.

**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.

**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