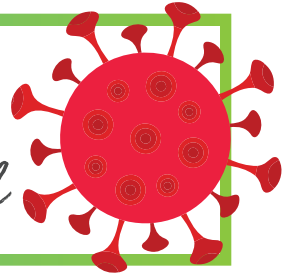




COVID-19 AND YOUR CHILD:

Coping Tips to Help Navigate the New Normal



NEW NORMAL

With the presence of the Coronavirus in society, all of our lives have had to change, including your child's. If they are struggling to accept what is going on or if you are looking for some ways to help them understand, here are some tips on coping with COVID-19.



We recognize that this is a very difficult time for everyone. The psychosocial team, consisting of social workers, child life specialists, and psychologists, is here to help you. Reach out to a psychosocial team member with any questions or concerns you may have.



TIPS FOR YOUR INFANT OR TODDLER (*under 6*)



✔ Be Consistent

Routine is incredibly important for children at this age. Keeping a routine helps their mind and body know what to expect.



✔ Introduce Them to a Face Mask

When coming in for treatment and checkups, our staff will be wearing face masks. Get your child used to seeing people wearing them by playing peek-a-boo with a mask to help your child adjust.



✔ Make Time for Yourself

Make sure you're taking time for yourself and meeting your own emotional needs. Children can often sense caregivers' distress so it's important for you to model good self-care.



✔ Take a Breath

Teach your toddler about calming their own body by using simple language and activities. For example, practice deep breathing through blowing bubbles or blowing a pinwheel.

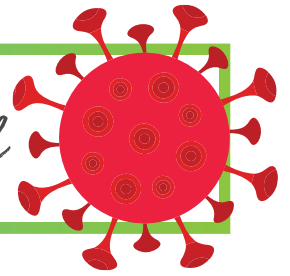


✔ Have Some Fun

Make required activities, like washing hands, fun and silly through play, singing and dancing.



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ADDITIONAL TIPS FOR THE WHOLE FAMILY

- ✓ **Practice grounding techniques**
(there are many different ones, a quick google search will help you discover what may work best for you)
- ✓ **Meet your body's physical needs** - eat, drink water, get an adequate amount of sleep, etc.
- ✓ **Take a bath or shower**
- ✓ **Engage in physical exercise**
- ✓ **Listen to music**
- ✓ **Connect with others** who are experiencing similar life situations
- ✓ **Spend time with a pet**
- ✓ **Spend time with a loved one** who helps you feel calm
- ✓ **Practice giving yourself grace**
- ✓ **Identify and validate your own emotions**
- ✓ **Spend time outdoors in nature**
- ✓ **Practice deep breathing**
- ✓ **Create a calming space** in your home to go to take a break and regroup
- ✓ **Engage in a hobby** or activity you love
- ✓ **Spend time playing** with your children and family members
- ✓ **Engage in activities that give back** and help others
- ✓ **Identify a professional who can help** if needed

