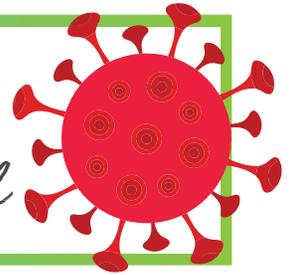




COVID-19 AND YOUR CHILD:

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 CHILD (6-11)

✓ Be Consistent



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

✓ Get Active



Have a time set up for activities that get them moving and their heart rate up, like running, jumping rope, or playing a sport in the backyard. This not only gets them moving but will improve their mood.

✓ Feel the Feelings



Validate your child's feelings and reassure them that it's okay to be feeling whatever they feel – whether that's happiness, sadness, anger or frustration. Communicate that they are experiencing a lot of changes and strong emotions, and that it is okay!

✓ Get Creative



Desensitize them to their required face masks by allowing them to decorate their own. Allowing them to personalize it will also give them a feeling of control over the situation.

✓ Talk It Out



Be open and honest with your child about what is going on and explain it in a way they will understand. For example, you could say something like, "Coronavirus, which you may hear also being called COVID-19, a germ that can travel from person to person through things like sneezing or coughing. This virus can make a person really sick. This is why we need to wear a mask when outside the house, wash our hands often, and keep a safe distance from other people."

✓ Empower Them to Help Out

Elementary and middle schoolers like to feel in control of their environment. Empower them to help the community by writing letters to frontline workers, cutting out hearts to place in windows, drawing encouraging chalk messages on the sidewalk or baking goodies for someone in need.

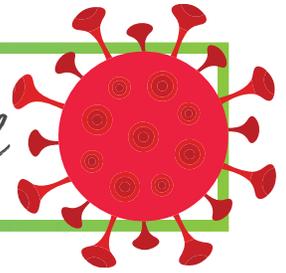
✓ Teach Self Love

Educate them on the importance of self care and healthy coping mechanisms. Don't forget to help create a space in their busy schedule for them to practice!





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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

