

SUPPORT FOR CHILDREN DURING COVID-19

Though the Caring House groups are temporarily closed, we are here for you. We are ready with age-appropriate support, coping mechanisms and resources. Below are some tips for helping your child or teen cope through this unprecedented time.



Filter what your child or teen sees and hears.

- Limit their intake of news media, social media and discussions about personal fears, which may contribute to excessive anxiety.
- If they are in a stressful situation, help them “look for the helpers” such as doctors, nurses and people giving food and medicine.
- Explain what is known in safe, soft language. The Caring House team can assist you with this.



Encourage your child or teen to play and be creative!

Children learn, make sense of their world and cope in positive ways through play.

- Encourage them to play.
- Be present and have fun without technology.
- Playing board games, singing, drawing and walking are great!



Set a clear, encouraging atmosphere for your child or teen.

Children will look to us as to assess safety.

- Help them understand they will be cared for and their needs will be met.
- Share the name of the virus with them. “This serious sickness is a new coronavirus called COVID-19. It is different than a cold or sickness you have had before.”
- Let them know doctors and nurses are doing everything possible to find medicine to help people get better from COVID-19.
- Be honest but hopeful. Children commonly express worry related to their experience with illness or loss, asking questions like, “Will I get sick?” or “Will something happen to someone I love next?” You can respond with something true, but still encouraging such as, “We don’t have all the answers, but we believe most children will not be affected. We all have the important job of trying to not spread germs, so we can help others stay healthy.”



Educate your child or teen about doing their part not to spread germs and keep people safe.

- Wash hands with soap singing ABC’s regularly.
- Cough or sneeze into your arm or tissue.
- Stay home, and when you have to be in public, stay at a distance from others.
- Avoid play dates or hanging out in groups with friends.

For more information about talking to your child or teen about COVID-19, call (256) 650-1212

For more information about COVID-19, visit [cdc.gov/COVID19](https://www.cdc.gov/COVID19)

Recommendations based on information provided by the National Association of School Psychologists.

Additional resources: [dougy.org](https://www.dougy.org) • [childlife.org/resources/covid-19-resources](https://www.childlife.org/resources/covid-19-resources)



The Caring House
Caring for Life