

WHAT CAN YOU DO AS A PARENT?

With all of the information buzzing around concerning COVID-19, many children are experiencing an increase in anxiety and uncertainty at home. We all want to know the best ways to keep our families and children healthy and safe. You are not alone parents! Here are some helpful tips to open up conversations at home.

Be open. Don't fear the COVID-19 talk. You've got this!

Children can be so intuitive, especially when it comes to their parent's emotions and mental state. Not talking about the COVID-19 pandemic may actually increase anxiety in children. Take this opportunity to convey your own thoughts and feelings in a developmentally appropriate way. Share.

Open up Conversation Frequently

Encourage conversation at home using a simple and consistent prompt.

Instead of explaining a list of overwhelming facts, try to open up conversation by asking, "What do you know about Coronavirus?" or "What do you think about the information you are hearing about Coronavirus?" Do your best to answer honestly and simply. If you do not have the answer, that is OK, simply let your child know that you will try to find an answer for them.

HOW TO TALK TO YOUR CHILD ABOUT COVID-19:

A short guide

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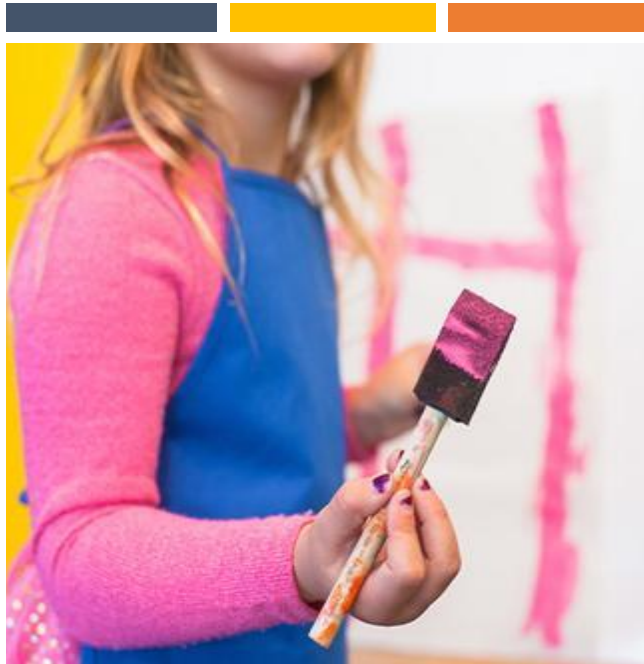


Focus on Proactive Strategies for Safety and Health

Reassure children that there are several things they can do to help them stay healthy (washing hands, wearing masks in public places, social distancing, and sneezing and coughing in their elbows). Empower your child that they are making a difference and keeping themselves and others safe by taking these healthy precautions.

Take Cues from your Child

Give your child plenty of chances to ask you questions about what they have noticed or wondered. A great way of doing this is by having a short, simple, and consistent prompt that is part of your daily interaction. “Tell me one bright spot of your day and one challenge you have faced”



Think Outside the Box

By taking necessary precautions, we are keeping ourselves as well as others healthy and safe. Take this time to remind your child to think of others. What can your child do to help during this time? Here are some ideas!

- A COVID-19 journal (words or pictures) to share with others after this time has passed.
- Writing an encouraging letter to grandparents, friends, the mailman, necessary workers, etc. Help them send them off in the mail.
- Bury a time capsule and spend some time planning what will go inside! Have some fun 😊

PLAY IS THE LANGUAGE OF CHILDREN

PARENT SELF-CARE

Check in with your own emotions! Do not choose a time when you are feeling anxious, lethargic, or low energy to have a big discussion.

Offer the community a helping hand – consider donating for a good cause.

Find some quiet time to rest and enjoy a peaceful evening. Eat healthy snacks and meals. Make time to exercise at least 20-30 minutes per day. Get at least 8 hours of sleep. Spend time outdoors.

Reach out for help when you feel overwhelmed or if you are too stressed for self-care...

Resources for More Information:

CDC – www.cdc.gov

The Child Mind Institute --
www.childmind.org

