

Top 10 Ways to Support Your Child During a Crisis



1. Reassure your child that your family is safe.
2. Take time to talk with your child. Encourage your child to ask questions and express feelings.
3. Answer questions in ways your child will understand. Learn more about the crisis so that you feel comfortable answering your child's questions.
4. Let your child know that it's OK to feel upset.
5. Limit your family's exposure to news coverage.
6. Avoid talking about the crisis in ways that cause fear or worry.
7. Talk about your home rules and expectations.
8. Keep a daily routine as much as possible.
9. Model good behaviors. Show your child what attitudes and behaviors you expect at home.
10. Virtually stay in touch with family members and friends. Call, text, Facetime, Skype, and find other ways to connect with the people who are close to your child.



Helpful Websites

Information about the Coronavirus

<https://www.who.int/health-topics/coronavirus>

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

Support for families during the Covid-19 crisis

https://challengingbehavior.cbcs.usf.edu/docs/TuckerTurtle_Story_Home.pdf

<https://www.sesamestreet.org/caring>

<https://childmind.org/coping-during-covid-19-resources-for-parents>

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis>



Q & A: How to Answer Your Child's Questions About COVID-19

What is the coronavirus?

Coronavirus is a virus that makes people feel sick. Most people who get this virus feel a little sick and then they get better quickly. Some people get so sick they need to go to the hospital.

Why are so many people scared of this virus?

People are scared because the virus spreads easily and some people who get it become very sick. People want to protect themselves and their families so that they don't get sick from the virus.

How does the virus spread?

The virus spreads like a cold or flu. A person who has the virus can spread it by coughing or sneezing near other people. They can also spread it with their hands. If people have virus germs on their hands and they touch other people, those people may get the virus.

How can we stop the virus from spreading?

For now, the best way to stop the virus from spreading is to stay home and avoid contact with other people. We should wash our hands with soap and water for at least 20 seconds or use hand sanitizer to keep our hands clean.

Why do we have to stay home?

Some people who have the virus feel fine and they don't know they have it. If they go to school, or they go to work and do all the things they usually do, they will spread the virus to a lot of people. For now, it's best for everybody to stay home so that the virus doesn't keep spreading.

Will I be safe?

If we follow the directions to stay home and wash our hands well, we will stay safe. There are many people making sure that we stay safe. Doctors, nurses, scientists, police officers, firefighters, and many other people are working together to keep the virus from spreading.

When will we be able to do regular things again?

There are a lot of people who care about you and look forward to seeing you! There are probably some people you miss seeing, too. Right now, we are waiting until it is safe to leave home. When it is safe, we will go back to school and do other things we used to do. We don't know exactly when that will be, but there are a lot of people working together to get things ready for you.

Helpful Websites



Social Stories about Covid-19

<https://www.youtube.com/watch?v=zWltPK3vUXs>

<https://archive.org/details/covid19kidscolorpdf>

Helping your child understand germs

<https://www.youtube.com/watch?v=QW1yodZJpG8>

<https://pbskids.org/video/daniel-tigers-neighborhood/2365375359>

https://cms-tc.pbskids.org/global/StayingHealthy_PRINT_Hands.pdf

Recognizing & Dealing with Stress

SIGNS THAT YOUR CHILD IS STRESSED OR ANXIOUS

- Excessive crying or irritability
- Excessive worrying or sadness
- Fatigue or restlessness
- Changes in eating or sleeping habits
- Unexplained headaches or stomach aches
- Regressive behaviors (such as sucking thumb or temper tantrums)
- Negative or aggressive behaviors (such as talking back or fighting with siblings)

WAYS TO MANAGE STRESS TOGETHER

- Take a break from watching, reading, and listening to news stories.
- Pay attention to and talk about your child's feelings.
- Model healthy ways to express feelings.
- Ask for and accept help when you need it.
- Take care of your body
 - Practice deep breathing & meditation
 - Eat healthy & exercise
 - Get plenty of sleep

Helpful Websites



- <https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>
- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stressanxiety.html>
- <https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious>
- <https://parentswithconfidence.com/calm-down-strategies-for-kids>

Feeling anxious? Need help with managing stress, anxiety, drugs or alcohol? Need to talk to someone?

Call the Bucks County COVID-19 Behavioral Health Helpline
Monday - Friday, 8:30 am - 4:30 pm, at 215-399-5681.