

There are many things you can do to support your child with worries about Covid 19



Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child or teen can understand. See below for a useful link.

https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/share-facts.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fshare-facts.html

Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.

Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.

Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.

Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

Below is a link to a useful site which has links to other information and how to help people cope with an emergency. There are worksheets for children to use.

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

here is a link to website attending to anxiety with teenagers regarding Covid 19;

<https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html>