



## TIPS FOR PARENTS

Children, youth and families are hearing the news of the coronavirus or COVID-19 on social media, television, family friends and on the playground. Having direct conversations with children is one of the best ways to manage stress and anxiety. Here is some advice from various child experts that can assist you in speaking with your child.

- **MANAGE YOUR OWN ANXIETY AND REMAIN CALM**
- **MAINTAIN HEALTHY BEHAVIORS AND ROUTINES IN THE HOME**
  - Serve nutritious meals, encourage adequate sleep, exercise, keep routines
- **PAY ATTENTION TO WHAT YOUR CHILD WATCHES ON TELEVISION AND SOCIAL MEDIA**
  - Try to limit children's exposure to media
  - Use only reliable sources for more information
  - Talk to your children about what they see and hear
- **TALK TO CHILDREN IN LANGUAGE THEY CAN UNDERSTAND**
  - The CDC suggests telling children that, from what doctors have seen so far, most kids aren't getting very sick.
  - In fact, most people who have gotten COVID-19 haven't gotten very sick. Only a small group have had serious problems.
  - Keep the conversation going. Make time to check in regularly as the situation develops.
  - Take cues from your child if they become afraid or overwhelmed offer comfort.
  - If you need help seek professional health.
- **AVOID LANGUAGE THAT STIGMATIZES OR ASSIGNS BLAME**
  - Remind children that viruses can make anyone sick, regardless of a person's race or ethnicity.
  - No matter where scientists first documented COVID-19, this outbreak isn't anyone's fault
- **TEACH STRATEGIES TO REDUCE INFECTION**



Remind children to wash their hands with soap and water for 20 seconds (or the length of two “Happy Birthday” songs) when they come in from outside, before they eat, and after blowing their nose, coughing, sneezing or using the bathroom.

## **Crisis Line/ Community Resources**

The crisis line is available 24 hours a day (541) 322-7500 ext. 9 or you can call (800) 875-7364 without cost.

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## **Talking To Your Kids Resources**

Centers for Disease Control Talking with Children

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

National Association of School Psychologist

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

Child Mind Institute English y Español

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

<https://childmind.org/article/como-hablar-con-los-ninos-sobre-el-coronavirus/>

UNICEF English y Español

<https://www.unicef.org/stories/novel-coronavirus-outbreak-what-parents-should-know>

<https://www.unicef.org/es/coronavirus/lo-que-los-padres-deben-saber>

