

## Helping Children During the COVID-19 Pandemic

There are some things families can do to support their children during school closure related to the COVID-19 pandemic. While health and physical safety is a priority, it is also important to consider how children are thinking, feeling and talking about what is happening around them.

### Talk to Your Children:

**Ask** your child to tell you what he or she knows about COVID-19. You can share facts as needed.

Help children **draw pictures** or other activities to express themselves.

Be **extra patient and provide comfort** if children say they are worried.

**Limit screen time** about COVID-19.

### Be Mindful of Your Routine:

Mark off the days on a calendar. Show children that school will start again in a few weeks.

Keep your family's bedtime, meal, and exercise **routines consistent**.

Find ways to include **movement and physical activity**, such as a dance party or yoga stretches.

Do things at home that have made you and your family **feel better** in other stressful situations, including, watching movies, listening to music, playing games, exercising, or practicing religious activities.

Practice **online learning** that may be offered by their schools.

It is **normal** for students to feel lonely, worried, or bored. A regular routine can help.

**Include children in chores** around the house so they can feel a sense of accomplishment.

**Limit screen time.**

### Care for Yourself so You Can Care for Others:

As a caregiver, **take small breaks**.

Be aware of **your feelings**. See these suggestions: [Ways to Untwist Your Thinking](#).

**Connect with friends and family** by phone, text, or email to find support.

**You are a role model** for your children. How you handle this stressful situation can affect how your children manage their worries.

**Resources if you or your family need extra support:**

Child Crisis: 415-970-3800

Safe & Sound 24 Hour Parent Talk Line: 415-441-5437

24/7 Crisis Text Line: Text MYLIFE to 741741

Trevor Project Hotline: 866-488-7386

Huckleberry House 24 Hour Teen Crisis Hotline: 415-621-2929

Mental Health, Food Pantry, and Medical Resources <http://www.freeprintshop.org/>

For more ideas, read: THE NATIONAL CHILD TRAUMATIC STRESS NETWORK