Challenges are what make life interesting.

Overcoming them is what makes life meaningful.

It is normal for children to feel anxious about change and the unknown. Many families are facing major changes in their lives due to coronavirus disease (COVID-19).

When anxiety becomes overwhelming, children are less likely to rise to a challenge and can become stuck.

When anxiety is not managed, it can affect both the body and the brain, and may cause feelings of sadness and helplessness.

Are you wondering what you can do to help?? Check out these 8 tips that can help children cope with stress and anxiety about COVID-19.

"I'm Afraid"
"I don't want to go to school"
"I'm Afraid"
Keep to a Routine
The familiarity of a routine brings a sense of calm during difficult times. Providing structure to the day is helpful.

Take Time to Talk
Take time to check in with your child to see how they are feeling. Let your children’s question guide your conversation.

Model Positivity
Children learn from our example. Talk about all the things people are doing together to help each other and stay healthy.

Limit Screen Time
Take a break from screens. An overload of information causes stress and worry.

Get Outside
Enjoy fresh air EVERYDAY! Enjoy doing things like going on a walk, sitting on the porch etc.

Do Relaxation Techniques
Progressive muscle relaxation helps reduce stress. Have your child tense then relax different muscle groups.

Focus on What You Can Control
Instead of dwelling on issues out of our control, teach your child to focus on the things they can control. This mind shift can help your child feel empowered instead of helpless.

Add Some Fun to Your Day
Build in some time for fun each day. This is where great memories are made.
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