

# Supporting our children manage stress and calm fears with changes resulting from COVID-19



With schools temporarily closed to prevent the spread of the Coronavirus, families must juggle work, homeschooling children, and new levels of stress and anxiety. This is a scary uncertain time for everyone so, focus on what you can control. It will help calm fears, manage stress and help children self-regulate their behavior.

## KEEP A ROUTINE

Children benefit from knowing what is going to happen and when. Keeping a regular routine is important. It provides structure, a sense of security that is calming for children.



- Keep a regular daily schedule.
- Review the schedule each day with your family and post it in your home.
- Let children know when activities begin and end. It will help in head off meltdowns.
- Be creative and add some fun new activities to your day.
- If the day does not go as planned – that is ok. Just get back on track tomorrow.

## STAY IN TOUCH

Social distancing can be tough on children and adults alike. Staying connected with family and friends is important to help calm fears and manage stress.



- Talk and listen to your child about their concerns and worries.
- Help children stay connected with school friends and family members by telephone or computer.
- Don't have a computer or internet? Then have your child write letters and draw pictures that can be mailed to family and friends.

## SUBSTANCE MISUSE PREVENTION

With children home, they are spending more time around adults and adult behavior. Be mindful of adult alcohol use and keep alcohol properly secured. This is a good time to remind kids of the dangers of alcohol, substance use, vaping, and gambling behaviors. Being safe at home includes discussion about prevention.



10 WAYS TO STAY  
CONNECTED...  
THE POSSIBILITIES  
ARE ENDLESS.

- 1 Read stories.
- 2 Talk about family history.
- 3 Play “I spy with my eyes” during a walk.
- 4 Set up an at home treasure hunt.
- 5 Listen to music. Dance!
- 6 Play games.
- 7 Watch movies.
- 8 Video-chat with family and friends.
- 9 Cook, bake, or eat together.
- 10 Draw or paint.