USEFUL RESOURCES for PARENTS and GUARDIANS

Useful Phone Numbers

Essex County Mental Health: 518-873-3670 (office) After Hours/Emergencies: 1-888-854-3773

Mental Health Association in Essex County: 1-800-440-8074

Articles Related to the Coronavirus

Talking to Children About COVID-19 (Coronavirus): A Parent Resource A resource from the National Association of School Psychologists

<u>Talking with Children: Tips for Caregivers, Parents and Teachers During Infectious Disease Outbreaks</u> A comprehensive resource from the federal Substance Abuse and Mental Health Services Administration

How to Talk to Your Anxious Child or Teen About Coronavirus Timely tips from the Anxiety and Depression Association of America

What Kids Want To Know About Coronavirus: An Original Comic: Goats and Soda A recent story on NPR Morning Edition

Managing children's fear, anxiety in the era of COVID-19

5Ways to Help Teens Manage Anxiety about the Coronavirus A recent article in the New York Times

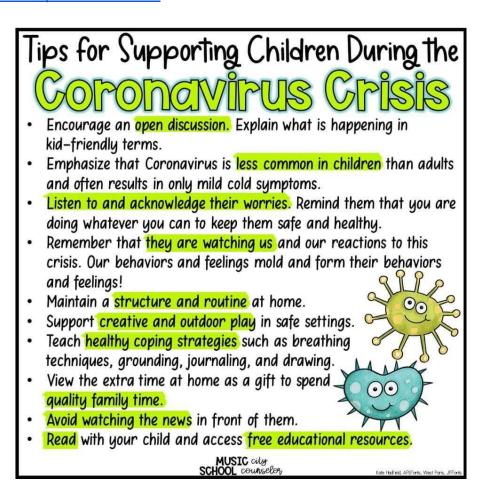
How to Talk to Your Kids About Coronavirus A perfect resource from PBS Kids

How to Explain the Coronavirus to a Child with Anxiety or ADHD Specialized tips for children who are especially prone to worrying.

Talking to Kids About the Coronavirus From the ChildMindInstitute

<u>M Kid's School is Closed... Now What?!?!</u> Some suggestions to help your family find some moments of "normal" amidst all these unexpected changes.

Updates from the NYS Department of Health



General Tips For Parents

□ Poorschool performance or avoiding school

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

Not all children and teens respond to stress in the same way. Some common changes to watch for include

Excessive crying or irritation in younger children	Difficulty with attention and concentration
Returning to behaviors they have outgrown (for	Avoidance of activities enjoyed in the past
example, toileting accidents or bedwetting)	Unexplained headaches or body pain
Excessive worry or sadness	Use of alcohol, tobacco, or other drugs
Unhealthy eating or sleeping habits	There are many things you can do to support your
Irritability and "acting out" behaviors in teens	child

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.

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.

<u>Useful Apps for Times of Great Stress</u>

Some apps may require a fee.

