

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

[Talking with Children: Tips for Caregivers, Parents and Teachers During Infectious Disease Outbreaks](#) 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](#)

[5 Ways to Help Teens Manage Anxiety about the Coronavirus](#) A recent article in the New York Times

[Coronavirus Anxiety: 4 Ways to Cope with Fear](#) A useful summary of tips from PsychCentral

[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

[My Kid's School is Closed... Now What?!?!](#) Some suggestions to help your family find some moments of "normal" amidst all these unexpected changes.

Updates from the [NYS Department of Health](#)

Tips for Supporting Children During the Coronavirus Crisis

- Encourage an **open discussion**. Explain what is happening in kid-friendly terms.
- Emphasize that Coronavirus is **less common in children** than adults and often results in only mild cold symptoms.
- **Listen to and acknowledge their worries**. Remind them that you are doing whatever you can to keep them safe and healthy.
- Remember that **they are watching us** and our reactions to this crisis. Our behaviors and feelings mold and form their behaviors and feelings!
- Maintain a **structure and routine** at home.
- Support **creative and outdoor play** in safe settings.
- Teach **healthy coping strategies** such as breathing techniques, grounding, journaling, and drawing.
- View the extra time at home as a gift to spend **quality family time**.
- **Avoid watching the news** in front of them.
- **Read with your child and access free educational resources**.

MUSIC city
SCHOOL counselor

Kate, Hadfield, AriFortis, West Park, JFortis

General Tips For Parents

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

Useful Apps for Times of Great Stress

Some apps may require a fee.

