FAMILY SUPPORT DURING COVID-19

The pandemic is hard on everyone. These are unprecedented times. Your job is more difficult. You may have loved ones at home who are struggling with fears about staying safe, or making ends meet.

You are not alone. Across the nation, many people are experiencing increased fear, anxiety, and depression.

The pandemic is particularly hard on kids. They may feel the anxiety from adults, struggle with being kept from friends and activities, or be worried about their own health or their family’s safety.

Here are some ways to help your family through the uncertainty:

CREATE A SAFE ENVIRONMENT FOR DISCUSSION

Let your child ask questions and invite them to share what they have heard about the virus and how it makes them feel. Acknowledge and validate your child’s feelings – let them know you think their questions and concerns are important.

SET THE TONE

Your children look to you for cues on how to react. This is your opportunity to reduce fear by setting the emotional tone. Give simple facts that are age appropriate. If you are feeling panicked, take some time to calm down before trying to have the conversation.
As confusing and scary as the pandemic is for adults, children do not have the tools to cope with this level of stress.

Help your child through this time by listening, providing support, and staying connected.

For more ways to connect, go to TellMeHowSTL.com