

# DURING THE COVID-19 CRISIS...

## Continue to Stay Safe at Home

### PARENTS

COVID-19 is causing all of us to face new stresses, schools and business closures, family confinement, isolation and economic instability. Through all of this, children are vulnerable. When children are tired, hungry or afraid, bad behavior is a natural reaction. For many, it's the only coping mechanism they have.

**Take care of your children. Take care of yourself.**

**It's okay to ask for help.**

You are not alone. This pandemic is having both short term and long-lasting effects for all of us, along with our families, our friends and coworkers. Of course, we're feeling stressed and anxious. But if you find you're angry too often, yelling all the time, feeling overwhelmed- and don't know where to turn- there are things you can do, resources you can access, and people who can help.

**Questions to your children:**

- How is everyone getting along today?
- Are you worried about anything?
- What are you doing for fun?

**Questions to ask yourself:**

- Is everyone okay?
- Can we get everything we need?
- Do we need any help right now?

**Take a break. You deserve it.**

A short relaxation activity can be an empowering reset when you're feeling stressed or worried. It's also helpful when the children have been irritating or misbehaved.

**DO THIS FOR YOU:**

1. Sit comfortably and close your eyes. Do absolutely nothing.
2. What are you thinking?
3. What are you feeling?
4. Is your body tense? Do you feel any pain?
5. Focus on your breathing. In and Out. Can you slow it a little?
6. When you're ready...open your eyes. Tell yourself, "I can handle this."

**DO THIS FOR YOUR CHILDREN:**

1. Schedule some one-on-one time. It doesn't have to be long. Let them tell you how they are feeling...if they're worried or concerned.
2. Stay positive. Keep calm and try to manage any stress you or your kids are feeling.
3. Talk about COVID-19. Give them facts that are age appropriate for them. Listen to their feelings about the current situation.
4. Protect them online.

**If you suspect immediate danger, call 911**

**Help is just a call away.**

This is a time for us all to help each other. If you are feeling overwhelmed, call PA ChildLine or your local county Children and Youth Agency and tell us what you need. If you are aware of another family that needs help, call us for that too. This is a community issue, and we are all in this together.

PA ChildLine: (800)932-0313  
Mercer County Children and Youth Services: (724)662-2703