

Supporting Your Child's Mental Health During the School Closure

Compared to adults, children are more vulnerable to the emotional impact of traumatic events that disrupt their daily lives. This resource offers information on supporting and protecting children's emotional well-being as this public health crisis unfolds.

Social distancing should not mean social isolation.

Provide children an opportunity to feel social connection. Read a book together, write letters to friends and families, or video chat with a loved one.



Provide age-appropriate information.

Give your child information that's kid-friendly, while limiting your child's exposure to news, social media, and adult conversations regarding COVID-19.



Create a safe environment by practicing the 3 R's: Reassurance, Routines, and Regulation.

Reassure children about their safety and the safety of loved ones, and tell them that it is adults' job to ensure their safety.

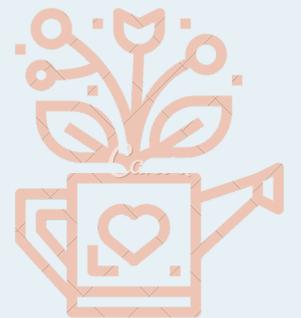
Maintain **routines** to provide children with a sense of safety and predictability.

Support **regulation** by validating their feelings and help them through an activity for self-regulation like exercise, deep breathing, mindfulness or meditation activities, and regular routines for sleeping and eating.



Create opportunities for caregivers (which may mean yourself!) to take care of themselves.

Children's well-being depends on the well-being of their parents and other caregivers. Caregivers must take care of themselves so they have the internal resources to care for others.



Emphasize strengths, hope, and positivity.

Adults can help by focusing children's attention on stories about how people come together, find creative solutions to difficult problems, and overcome adversity during the epidemic.



Seek professional help if children show signs of trauma that do not resolve relatively quickly.

Certain changes are to be expected during a pandemic, as everyone adjusts to a new sense of normal. If children show an ongoing pattern of emotional or behavioral concerns (e.g., nightmares, excessive focus on anxieties, increased aggression, regressive behaviors, or self-harm) that do not resolve with supports, professional help may be needed. Contact the school counselors if you have any of these concerns.



For any questions or support, please contact the counselor.

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Information from <https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>. There, you can find more resources on how to talk to your child about COVID-19.