

CARING FOR YOUNG PEOPLE AMID

CORONAVIRUS

A GUIDE TO REASSURANCE FOR PARENTS

ADAPTED FROM: Child Mind Institute

As COVID-19 Coronavirus pandemic saturates media, and causes disruptions to daily living patterns, many parents may be wondering how best to care for their children that promotes reassurance. The Child Mind Institute offers guidance for how to care for young people in a way that does not make them more worried than they already may be. These tips can help parents navigate this time marked by daily activity disruption and physical distancing with grace and composure.

BE DEVELOPMENTALLY APPROPRIATE

Try not to volunteer too much information at once. This can be overwhelming. Rather, seek to answer questions honestly and clearly.

DEAL WITH YOUR OWN ANXIETY

Young people can pick up on the anxiety of adults, so if you are feeling anxious, it is best to take some calming breaths and relax before answering questions.

FOCUS ON HOW TO STAY SAFE

Knowing how to stay safe is empowering for young people. Focus on the measures that you and them can take to prevent the spread of coronavirus.

STICK TO ROUTINE

Like adults, young people do not like uncertainty. Rooting in routines creates a feeling of predictability. Regular bedtimes and mealtimes can be very reassuring.

Get the full guide at PreventionWorksCT.org/resources