

PARENT GUIDE

HOW TO EXPLAIN COVID-19 TO YOUR KIDS

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FOR KIDS 5 AND ABOVE.

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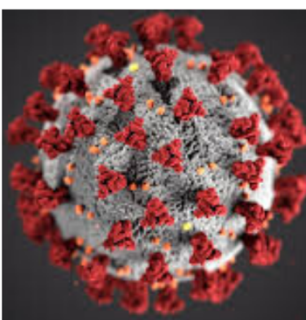
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INTRODUCTION FOR PARENTS

As parents, our job now, more than ever, is to make sure we keep our kids safe and be the support they need at these uncertain times.

We often forget how our fears, anxiety and worries can reflect on our children. Kids, like we all know, are like sponges - they absorb everything around them, including the good, the bad and the ugly.

They tend to have over-exaggerated imaginations and can often create unrealistic horrific stories in their minds and be frightened by something they don't understand. So, less is more, too much information can actually create more fears and anxieties - limit your family's exposure to news coverage of the pandemic, including social media.

We have to be extra careful in these times, while we're going through this pandemic. Our children are constantly around the news, our conversations whether with other adults at home or on the phone or virtually, which seems to now becoming our norm. Again, overload of information can cause anxiety.

Even when we pray, we can cause fear rather than comfort to our children, so we have to be aware and choose our words carefully, even when expressing our worries and anxieties to God.

Also, just because your young adult doesn't bring it up to you, does not mean it's not on their mind, that is why you have to have open communication with them, so they can come to you with questions and you can also bring up these topics with them if you feel like it's necessary and helpful.

May sure to address your kids' questions by helping your kids understand the facts, that is, to focus on what you know for sure rather than the rumor about the virus or predicting the future.

MAKE SURE YOU ANSWER YOUR KIDS QUESTIONS IN AGE-APPROPRIATE WAY.

This is the time to assess your child's anxiety and fear, especially if you already have a sensitive kid or a child with anxiety or panic disorder. Make sure to keep some normalcy at this time; maybe wake up, bedtime routines, keeping the house rules the same and whatever might help keep some normalcy or familiarity to your child.

You might need to reach out to your child's pediatrician if your child does not already have an established therapist, or a Counselor/Psychologist/Psychiatrist. Don't forget, some schools might also have counselors on board that your children can tap into.

Open communication is very important as a family right now and relying on the trusted facts is key to tackling their fears. That is why, as a parent, you need to know the facts and find reliable sources to pull from.

CONCLUSION

Dear parents,

I can tell you are doing an amazing job already, just by you purchasing this guide to help you address your child's concerns. WELL DONE!

One last thing to keep in mind about anxiety is that every child might demonstrate anxiety differently.

Here are some behaviors to watch out for, that might suggest anxiety in your child:

- Having difficulty falling asleep that is otherwise not normal for them
- Fuzziness more than usual
- Sleeping longer than usual
- Picking up fights/anger
- Loss of focus
- Constantly worrying or overly tensed

Bear in mind these suggested behaviours does not translate into a diagnosis of anxiety. If any concerns, please call your child's doctor for evaluation and diagnosis.

I wish you the best.

STAY SAFE, STAY HOME AND SAVE LIVES!



HAVE A YOUNG ADULT?

**CHECK OUT
"COVID-19 FOR
YOUNG ADULT"**

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