

Parenting Tips and Resources During COVID-19



Fear surrounding COVID-19 can cause a lot of anxiety in kids. They may worry about things like: What if someone I love gets it? Why is everything shutting down? What are people so panicked? Will life ever go back to normal? As a parent, it can be difficult to know the best way to prepare your children to deal with this barrage of information. **Here are 5 simple things you can do:**

Acknowledge Their Fears. By stifling the urge to minimize their fear with a “don’t worry,” and acknowledging how normal it is to feel this fear, you will help your child feel supported and heard. Encourage them to talk with statements like, “What have you seen or read that makes you feel worried?” Or even just a simple, “Do you want to talk about everything going on” can help!

Open the Dialogue. The first step to helping your kids handle stress is to start talking! Some things you could talk about include: What exactly is Coronavirus and how does it spread? How many cases have occurred locally? What is being done to keep the illness from spreading? Discuss local closures and why those were implemented. Ask kids what about the pandemic is causing them stress.

Listen! This may seem obvious, but it’s important. You are the ideal person for your child to come and talk through it all. Just be sure to make them feel validated, even when some of what they want to discuss seems a little off the wall.

Answer Their Questions. As they hear other kids talk or see things on the news or social media, they may have more questions than answers. Giving them the floor to ask their questions (even if they think they’re silly!) can be huge in calming their fears.

Stay Calm. Even at times when it feels like the whole world is turned upside down, your children are going to be looking to you as a model for how to react. This might mean that you have to take steps to deal with your own stress. This doesn’t mean you can’t voice concerns, just do it in a constructive and calm manner.

*Adapted from [Resiliency.com](https://www.resiliency.com)

**For more resources visit [EinsteinLiveWell.com](https://www.einsteinlive.com),
click Programs, then click Caring for the Caregiver**

Schools are closed and kids are home for the foreseeable future. Below are a variety of FREE resources to both educate and entertain your children while they practice social distancing:

Scholastic Learn at Home: Day by day projects to keep kids reading, thinking, and growing. Sort by grade level (from Pre-K through Ninth Grade). Visit <https://classroommagazines.scholastic.com/support/learnathome.html>.

Check Out National Parks from Home: 33 National Park tours you can take virtually, from your couch! <https://totallythebomb.com/heres-33-national-park-tours-you-can-take-virtually-from-the-comfort-of-your-home>

Museums with Virtual Tours: Check out 12 famous museums from your own home. <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

The Goddard School for Early Childhood Development: At-home learning activities for infants through third grade. <https://blogs.goddardschool.com/blog/2020/03/18/at-home-learning-activities/>

Free Subscriptions: Want a list of where you can receive free subscriptions due to school closings? Visit <https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscription>

Interested in more tips on how to speak with kids about the Coronavirus? Visit the below PBS link, which includes 4 ways how to help young kids build germ-busting habits, as well as children’s shows about handwashing and staying healthy: <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>