

# Supporting Children's Well-being during the COVID-19 Pandemic



Everyday life has changed. Children may struggle with changes to their routine—schools and childcare remain closed. There is social distancing. Families are asked to stay safe at home.

While keeping children physically safe, it is important to care for their emotional health.

## How to Help Your Children

Talk with them. Children—especially young children—need quality time with their caregivers and other important people in their lives.

- \* Share age-appropriate information.
- \* Address rumors.
- \* Answer questions in age-appropriate manner.
- \* Show empathy and patience.

Set a good example by taking care of yourself.

Limit media and social media coverage exposure of pandemic.

## Practice the 3 R's: Reassurance, Routines, and Regulation

- ⇒ **Reassure** children about their safety and safety of loved ones, and tell them it is adults' job to keep them safe.
- ⇒ Maintain **Routines** to provide children with a sense of safety and predictability (-regular bedtimes and meals, daily schedule for learning and play).
- ⇒ Support children's development of **Regulation**. Validate their feelings (-"I know this might feel like too much") and encourage them to engage in activities that help them self-regulate ( exercise, playing outside, listening to music, calm breathing, building with blocks, simple art and crafts).