

# How to Help Children Cope With Stress During The COVID-19 Outbreak

Children and teens may respond to stress in different ways such as being more irritable, anxious, withdrawing, angry or agitated, etc. Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

## Be Attentive, Listen & Discuss



Children need adults' love and attention during difficult times. Give them extra time and attention. Remember to take time to talk, answer questions, and listen. Speak kindly and reassure them.

## Give Them Reassurance



Reassure your child and team they are safe. Let them know it is ok to feel upset. Share your own experiences and how you deal with stress so they can learn how to cope from you.

## Maintain a Familiar Routine



Keep to regular routines and schedules as much as possible. You can recreate familiar routines in a new environment, such as school and learning schedules in a home setting.

## Opportunities to Safely Play & Rest



If possible, make opportunities to ensure that the child has time to play and have fun. By allocating time to safely engage in play, physical activity, and rest is all beneficial to their overall well being.

## Be Informative About the Crisis



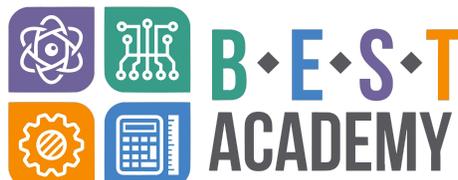
Provide facts about what has happened, and explain what is going on using words that they can understand. Limit your families exposure to news and social media. Misinterpretation can cause fear.

## Be Honest & Transparent



Reassuringly explain what to expect if a family member and/or the child ever feels unwell, what symptoms to look out for and what may happen (e.g. going to the hospital to get help from caring doctors).

For more information on helping children and teens cope with stress, visit the CDC: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>



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