

Tips for Families

Families are having to adapt to changes in daily life caused by the COVID-19 pandemic. Parents are faced with helping their families adjust to the new normal. This is a tremendous opportunity for adults to model for children problem-solving, flexibility, and compassion as they work through making adjustments to their daily routines.

- **STAY CALM, LISTEN, AND OFFER REASSURANCE**
- Take time to talk - Let the children's questions guide you.
- Be a role model. Children learn from example. Children will react to and follow your reactions. Your words can increase or decrease their fears.
- Be aware of how you talk about COVID-19. Remind them you are doing everything in your power to keep them safe and well.
- Explain social distancing. Children probably don't fully understand why parents aren't allowing them to be with friends.
https://www.youtube.com/watch?v=Om_5cVw-pwM
- Model basic hygiene and healthy lifestyle practices.
- Focus on the positive. Celebrate having more time to spend as a family. Make it fun.

- *Maria Nin, LCSW*
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