
SUPPORTING YOUR CHILD.

Children tend to react on what they see from adults around them. It is important for parents and caregivers to deal with COVID-19 calmly to help create a safe environment for children.

REASSURE THEY ARE SAFE.

Share ways you deal
with stress

TALK AND ANSWER QUESTIONS

Share facts that your child will understand, don't go overboard with details.

LIMIT MEDIA EXPOSURE

BE A ROLE MODEL

Practice good coping skills that children will mimic.

KEEP A STRUCTURE