

# HELPING KIDS NAVIGATE EMOTIONS REGARDING COVID-19



**While most of our children are not avid news junkies, our kids soak in feelings and information more than we realize.**

**It is likely children have overheard us talking about COVID-19 or they are feeling a shift in our emotions and stress levels as we navigate this pandemic. We want to be able to help mitigate some of the stress and anxiety children may be experiencing during this difficult time. There are some simple ways that we can help support an emotionally safe environment for children as we navigate the realities of COVID-19.**



**Reassure your child that adults are working together to keep everyone safe.** Explain that the reason we are staying home is to help keep everyone healthy.

**If your child is asking questions, do not shy away from answering in an age-appropriate way.** The more children understand about this time, the more reassured they often feel. Keeping an open line of communication creates bonding between the child and caregiver.

**Move our bodies.** Children are not used to being cooped up inside all day. Their typical day includes recess, gym, and other times to be active. A great way to encourage children to be active is to utilize resources like “GoNoodle” for young children or dance workouts on YouTube where your child can follow along with the dancer on the screen.

**Understand that your child may be moody, more sensitive, or may be exhibiting new behaviors.** Children are used to being outdoors, playing, and seeing friends. Acknowledge that feelings of fear and uncertainty are normal. Help them to process through those emotions with grace and understanding.

**Keep your routine.** Although many school-aged children are shifting to online classes, we should aim to maintain a schedule of when to wake up, work on school, take breaks, or have meals. Routines help us to feel more in control.

**Make washing hands and cleaning fun!** Sing songs as you wash your hands, praise your children for cleaning up. Explain that by washing our hands and keeping our environment clean, we are helping keep everyone safe and healthy. Making children feel that they are part of a greater cause increases connection and lessens the feeling of isolation.

**Show children positive stories.** There are many stories of people joining to help one another during this time. Seeing people connect and be kind is important to help kids understand that we are all in this together.

**Make time for FUN!** Although we are at home, make time to watch movies as a family, play games together, be out in the backyard. Small moments of self-care for the entire family can make a big impact.



**For more resources on keeping children safe, please visit:  
[www.allianceforchildren.org/prevention](http://www.allianceforchildren.org/prevention)**