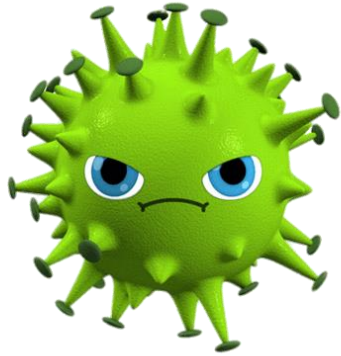
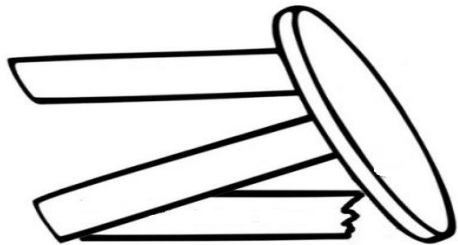


COVID-19



- Is an unwelcome and unexpected guest to our community
- It has disrupted our lives and has taken away the things that make life feel normal

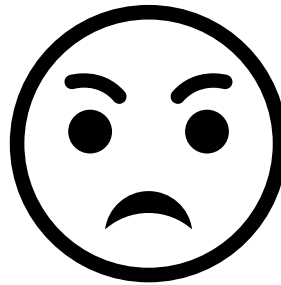


- It feels like something that we trusted has broken

It is Normal to Feel:



Afraid



Angry



Children Need:



Reassurance from a Caring Adult



Routines—Keep life as normal as possible



Calming Practices—praying, deep breathing, thinking happy thoughts

Encourage Creative and Interactive Play



Talk about Facts, Thoughts, Feelings Together:



Let the children lead in telling their stories, fears, and hopes.



Tell stories of others who faced tough times with hope.

Helping Children Cope with COVID-19

Loving Caregivers are the Key



Sources of Information:

Child Trends Resources for Supporting Children's Emotional Well-being during the COVID-19 Pandemic

Dr. Suzanne Falconer- GlobalFingerprints Trauma Care