

# How to Support Children Through the COVID-19 Pandemic



Children experience stress and worry just like adults do, and often find it hard to understand the things that are happening. We can support children by giving them honest, accurate information and by showing them that they are important – even when there is a lot of change happening in the world. The following list contains suggestions and ideas for supporting your child(ren) during this time.

- Allow and encourage children to ask questions.
- Clear up any misconceptions the children might have concerning the current situation with kindness and age appropriate language.
- Reassure children that they have done nothing wrong.
- Give older children a personal journal to record their feelings, as well as any concerns or questions they want to ask.
- Limit exposure to news and media regarding COVID-19.
- Set aside special time for children every day. Even small things like reading books together make a big difference.
- Create a schedule to follow each day, in order to give children structure and predictability. Allow this schedule to be a little flexible.
  - Within this schedule give children a break in-between school work sessions to exert their energy in a positive way (i.e., jumping jacks, hide and seek, and so on).
- Allow children to connect with their friends and family through video chatting.
- Give children choices whenever possible to give them a sense of control.
- Encourage proper hand washing with soap and water while singing Happy Birthday two times in order to ensure it is both fun and long enough to effectively clean their hands.
- Be an example for your child by sharing with them how you are dealing with the situation through talking with loved ones or distracting your mind with books, movies, or hobbies.

*\*Information gathered from [handtohold.org](http://handtohold.org).*

We know this is a stressful time for everyone. You are already doing a great job supporting your child(ren). Please reach out to your support systems via telephone when you need extra connection and support.



Cherese Mari Lauhere Child Life Program  
(562) 933-8060