

TIPS FOR PARENTS AND CAREGIVERS DURING COVID-19



Take Care of Yourself

Practice self-care strategies, including eating healthy, getting enough sleep, exercising, and finding time to take breaks. If you find yourself overwhelmed by negative thoughts, seek out needed mental health support for yourself or loved ones.

Share Information

Provide age-appropriate information and accurate answers about the news while limiting excessive television or social media.

Express Feelings

Acknowledge and support children in processing their full range of emotions and concerns. Find ways for children to express their feelings through conversation, music, art, dance, writing, or other activities.

Share a Sense of Control

Share with children what you're doing to keep them safe. Help children learn about and practice proactive strategies, such as frequent handwashing, to stay healthy. In addition to promoting healthy practices, this can help them feel a greater sense of control.

Provide Consistent Routines

Whenever possible, provide consistency in daily routines including meals and bedtimes. Consistent routines can help foster a sense of safety.

Maintain Connections

Help children and adolescents think of creative ways to maintain their friendships and social connections. Remember that your own social connections are important as well, and make time to reach out by phone or virtually to family and friends.

Ask for Help

Proactively reach out to schools and community organizations to support you in meeting any additional needs your family may have, such as access to meals or support services.

Adapted from CASEL's *Guidelines for Parents and Caregivers*.

