



Young children may show regressive behaviors when they are feeling stress. Regression could include increased frequency of tantrums, wetting the bed, and changes in eating habits. It is okay to ask for help; talk to a trusted advisor or counselor.

### Help your child by:

- Explaining, in simple language, what is happening in the world. Explain that “the helpers” are trying to take care of the problem and help people be safe.
- Keeping a routine/schedule, understanding that you may need to be flexible at times. It’s also important to remember that new schedules may take some time for everyone to adjust to.
- Make time to laugh and be quiet together.
- Check in with your child frequently and *listen* to them.
- Help them identify a “comfort” blanket or stuffed animal.

### Helping Preteens and Teens During Uncommon stressful Times

Stress can occur at anytime due to traumatic events, including the Covid-19 Pandemic. Many everyday activities have changed, including extracurriculars and personal contacts with friends. These missing connections are important physical and emotional aspects of your child(ren)’s life that can’t be ignored.

- Allow them to talk about the changes and the loss they are feeling.
- Help them find ways to connect with friends through virtual games or get-together.
- Model relaxing activities such as walking, yoga, exercise, crafts, etc.
- Ask how they are doing and what they are missing.
- Help them learn a new skill such as painting, baking, writing stories, etc.

### Helping Your Child Manage Traumatic Events

Traumatic events can be many things, such as hurricanes, house fires, car accidents, child abuse, or forest fires. Children also hear of dramatic events on the news – shootings, airplane accidents, and wars. Each child reacts differently due to age, personality, and culture. These tips can help our child as they deal with any trauma.

- Help your child feel safe; try to remain calm and keep routines, when possible.
- Prepare your child in advance, when possible. “There’s a storm coming, so we are packing things to be ready.” “You may hear some stories about some people who were hurt. Let’s talk about that together.”
- Let them talk about how they feel.
- Reassure them it’s not their fault.
- Help them relax: “Let’s close our eyes and take some deep breaths.” “Let’s watch a funny movie or play a game together.”
- Be aware of your own stress level, your child will notice. It’s okay tell them that it’s difficult for you, too.