

PARENT RESOURCE GUIDE: FOR ALL AGES

Mental Health during Covid-19

Parents are finding themselves dealing with increased stress and anxiety during the Covid-19 pandemic. This resource guide provides advice on topics related to mental health and self-care for you and your elementary school-aged kids.

HOW TO TALK TO YOUR KIDS ABOUT COVID-19:

- In order to talk about Covid-19 you must be informed. Click here for the [Center for Disease Control FAQs related to Covid-19](#).
- Use child-friendly language. Explain Covid-19 in words that your child can understand, *"the government is protecting us by making us stay home so we don't get sick"*. [Click here to view the answers to the questions your kids might be asking](#).
- Explain to kids that there are things they can control and things they cannot. They can control washing their hands and staying 6 feet away from others. They cannot control when they will be able to go outside normally again. Encourage acceptance of those things they cannot control.
- Empathize and normalize their fear. Share times that you have felt worried and how you coped. Tell them that it is normal and ok to be scared.

COPING SKILLS:

- Encourage the use of coping skills for difficult emotions - [click here](#)
- Create a calm down box full of soothing activities for times when they are feeling anxious - [click here](#)
- Create a Covid-19 journal and time capsule with your kids - [click here](#)
- Create a daily schedule and a Family quarantine bucket list - [click here](#)

SELF-CARE: TAKE CARE OF YOURSELF!

- 30 minutes of exercise a day (yoga, walking, or trampoline)
- Eat healthy and stay hydrated
- Keep a regular sleep schedule
- Practice mindfulness meditation - [click here](#)
- Turn off the news and take a social media break
- Talk to someone (a friend, family member, or therapist)

Remember it is okay and normal to feel stressed during this extraordinary time. Try to practice some form of self-care every day. If your stress feels like it is too much to manage on your own, consider finding a professional who can help. Call 844-4-ACENDA to learn about our services.