



Dear Community Families,

In the wake of the rapidly changing coronavirus status, I wanted to provide you all with some information to help our students deal with worry and help you have developmentally appropriate conversations with your children.

Be Available to Talk

Kids have big questions, and it's okay to answer them. Take cues from your kids and offer clear but concise answers in developmentally appropriate language. Keep the focus on what you are doing to prepare and prevention strategies that are within your control like proper hand-washing and avoiding large crowds.

For adults: <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

To share with kids: <https://youtu.be/kiVpWZBXLug>

Limit News Exposure

Even when it seems like they're not listening, kids pick up on what they hear on TV and radio. Newscasters' tone of voice can be enough to set off alarm bells for kids, and unfamiliar words

like pandemic and outbreak can be fear inducing. Opt for watching or listening to news reports when kids are in bed or choose to read news articles if possible.

Acknowledge the Worries

It's completely okay to acknowledge our kids' worries rather than ignoring them.

Acknowledging worries won't solidify them but it will help your child understand that worry is a protective feeling that alerts us to potential danger. We can help ourselves remember it's just potential danger though, and use strategies to keep our worries in check. These strategies include mindful breathing, progressive muscle relaxation and grounding strategies.

Reassure them that they have power in this!

They can help keep surfaces clean, they can wash their hands, eat healthy foods (especially Vitamin C) and drink lots of water.

Be Mindful of Your Own Worries

It's completely reasonable for everyone to have some level of worry. But kids do pick up on our feelings and notice our anxieties, and they will take cues from us. If you're feeling anxious, practice your own mindful or calming activities, call a friend or loved one, practice self-care, or reach out for help. Even if you're stuck at home, your therapist may offer phone services or you can try an app like Better Help or Talkspace.

Please tell your children I will be sending out Counselor Corner Videos and Lessons in the upcoming weeks! Feel free to contact me with any questions or concerns or if you just need more resources, I am here for parents and students. I look forward to staying connected to you all!

Love and Mindful Breathing,

Ms. Mata