

SELF-CARE FOR CHILDREN/TEENS

Support children and teens during the COVID-19 pandemic

1 SIGNS OF STRESS

Children & teens can experience a wide range of strong emotions. Pay attention to the following signs and check off the ones that occur:

- Excessive crying or irritation in younger children
- Returning to behaviors they have outgrown
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and acting out behaviors in teens
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities they normally enjoy
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs

2 SUPPORT YOUR CHILD OR TEEN

Talk with Your Child or Teen

- Help them understand what it is, or
- What they should be doing
- Answer any questions they may have

Limit Your Family's Exposure to Media

- Set a schedule for news and media consumption
- Limit consumption to a comfortable amount
- Help them understand the news

Reassure Them They are Safe

- Let them know it's okay to be worried or afraid
- Share how you deal with your own stress so they can cope with the situation
- Answer any questions they may have

Be a Role Model

- Children and teens will follow your example
- Set good habits such as taking breaks, getting plenty of sleep & exercise, and eating well

Create a Daily Schedule or Routine

- Create a daily schedule of learning activities, fun activities you can do as a family, and exercise
- If schools are closed, define learning time for each class and breaks

Connect with Family and Friends

- Connect your child or teen to family and friends they can't see in person
- Video calling is a great way to do this

3 SELF-CARE ACTIVITIES

Check the self-care activity your child or teen would enjoy doing. Choose activities they can do individually and activities you can do as a family. Fill in your own in the empty spaces below:

- | | | | |
|---|---|-------------------------------------|--|
| <input type="radio"/> Connect Digitally | <input type="radio"/> Play a Board Game | <input type="radio"/> Baking | <input type="radio"/> Play an Instrument |
| <input type="radio"/> Stay Active | <input type="radio"/> Proper Rest & Sleep | <input type="radio"/> Painting | <input type="radio"/> Science Experiment |
| <input type="radio"/> Read a Book | <input type="radio"/> Learn Something New | <input type="radio"/> Arts & Crafts | <input type="radio"/> Solve a Puzzle |
| <input type="radio"/> Coloring | <input type="radio"/> Play a Card Game | <input type="radio"/> Gardening | <input type="radio"/> Watch a Movie |
| <input type="radio"/> _____ | <input type="radio"/> _____ | <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ | <input type="radio"/> _____ | <input type="radio"/> _____ |