

# HELPING YOUR CHILD THROUGH A CRISIS

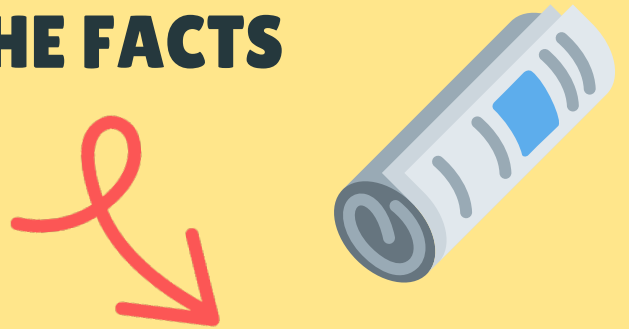
Supporting Resilience During the Coronavirus Pandemic

## WHAT CAN I DO FOR MY CHILD?

### LISTEN

Allow your child to express their fears and ask you questions. Clear up any misinformation they may have. Tell the truth in a way that is age appropriate.

### AND TALK ABOUT THE FACTS



but limit the news!

### WHAT WILL WE DO?



### THE PLAN

Communicate your safety plan with your child; for example, our community is washing hands, social distancing, and staying home from school.

### WORK & PLAY

Keep a predictable, but flexible, schedule to help your child manage stress. Daily routines should include healthy food, exercise, reading, and play!

### OUR NEW NORMAL



When I was a boy and I would see scary things in the news, my mother would say to me, **'Look for the helpers. You will always find people who are helping.'**

**Fred Rogers**

USA TODAY

### HELP OTHERS

Children who channel their feelings into helping others may feel more in control and be more resilient. Consider writing letters or drawing pictures for nursing home residents.

**CREATED BY LYNNETTE ROTRAMEL, M.ED.**

For Decatur Public Schools #61, Decatur, Illinois  
others please email [lrotramel@dps61.org](mailto:lrotramel@dps61.org)

# HELPING YOUR CHILD THROUGH A CRISIS

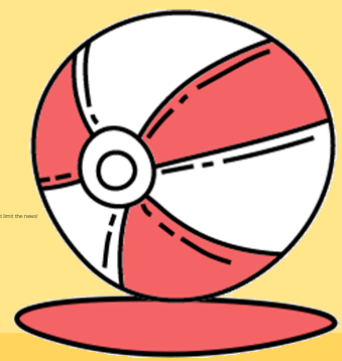
Supporting Resilience During the Coronavirus Pandemic

## WHAT CAN I DO FOR MY CHILD?

### SMALL CHILDREN

Reassure them that you are taking care of them and they are safe right now. Their family and friends are being cared for also.

### EXPRESS THEIR FEARS THROUGH ART & PLAY



### MINIMIZING THE IMPACT OF



### TRAUMA

A calm, positive adult can help guide a child through crisis, making it seem less severe. It's normal to feel fear and grief, and we can help by offering support and empathy.

### CONNECT

Help your child to stay in contact with teachers, extended family, and friends. Even a weekly phone call can help support your child's social and emotional health.

### BUILD YOUR SUPPORT TEAM!



### FOR MORE INFORMATION

[HEALTHY CHILDREN.ORG](https://www.healthychildren.org)

[UNICEF.ORG](https://www.unicef.org)

[MERCYCORPS.ORG](https://www.mercycorps.org)



If you or someone you know needs additional support in facing this worldwide crisis, please contact a mental health professional or your physician.

**CREATED BY LYNNETTE ROTRAMEL M.ED.**

For Decatur Public Schools #61, Decatur, Illinois  
others please email [lrotramel@dps61.org](mailto:lrotramel@dps61.org)