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?
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

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
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**

**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.

**MINIMIZING THE IMPACT OF**

**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](http://healthychildren.org)
[UNICEF.ORG](http://unicef.org)
[MERCYCORPS.ORG](http://mercycorps.org)

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