



From Our FCA Primary Care Clinicians... ways to support yourself and your child during the COVID-19 Outbreak:

Remain cool, calm, and collected

- Children will react to and follow your verbal and nonverbal behaviors.
- Let your children talk about their feelings and help reframe their concerns into the appropriate perspective.

Be available

- Children may need extra attention from you and may want to talk about their concerns, fears, and questions.
- Tell them you love them and give them plenty of affection.

Monitor television viewing and social media

- It's appropriate to limit children's exposure to news reports, while recognizing that older kids may come across these on their own and want to discuss them.
- Talk to your child about factual information - this can help reduce anxiety.
- Engage your child in games or other interesting activities instead.

Maintain a sense of normalcy in your day-to-day

- Keep to a regular schedule.

Use developmentally appropriate, simple and honest language

- Children often imagine situations far worse than reality; explain that at the present moment very few people in this country are sick with COVID-19.
- Playing games or drawing pictures about the news is the best approach for the very young, while engaging in conversation is appropriate for older kids.

Monitor behavior

- Parents should be monitoring for behavioral changes such as increased clingy behavior, unexplained complaints of headaches or stomachaches, or sudden withdrawal.

Take home message: voice empathy; give your child some sense of limited control & choice to ease their minds & ease the struggle. Feel free to consult our FCA Primary Care Clinicians for more guidance about how to navigate this difficult time, & what to anticipate.