

Supporting Your Child and Family During COVID-19



3 Things to Know

Your child may experience a temporary change in behavior

Your child may experience stress, worry, fear, sadness, and confusion.

5 Things to Do

Keep routines as predictable as possible for your child.

Share facts about COVID-19 that your child understands.

Make time to listen to your child and encourage them to share their feelings.

Make time for your family to play and relax.

Reach out for support when you, or your child, need it.