# LAURA CURRAN NASSAU COUNTY EXECUTIVE



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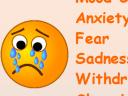
COMMISSIONER DEPARTMENT OF HUMAN SERVICES

#### TIPS

# HELPING CHILDREN AND TEENS MANAGE EMOTIONAL DISTRESS AND ANXIETY ABOUT COVID 19

Parents and Caretakers, please remember children and youth often take cues from trusted adults around them, so it is important for the adults to remain calm, reassuring, and supportive.

### Signs of Emotional Distress/Anxiety



Mood Changes
Anxiety
Fear
Sadness
Withdrawn
Sleep issues

Changes in appetite
Clingy Tendencies
Jittery
Crying spells
Angry outburst
Disobedience





## Things you can do!

Listen Give children and youth the opportunity to express their feelings and ask questions. They

may be repetitive, but that's okay. Be patient if you find yourself repeating similar

information, it provides reassurance.

Offer Reassurance Reassure your children and youth that the family is taking steps to keep everyone safe.

Go over specific actions that you have initiated to limit exposure to the virus. Let the children participate in the effort to stay free from infection. Offer tips from the CDC for

handwashing and prevention.

Stay Active This promotes healthy practices to deal with stress. There are many free, online workout

videos that can be streamed. Try something new! Example, yoga, pilates, dance cardio, etc. Try to continue indoor activities as well that bring you joy such as coloring, reading,

exercising, listening to music, playing board games, etc.

Create a Schedule Create a daily routine and schedule when possible, including set times for school work,

down time as well as bed time. Have children and youth assist in creating schedules and

choosing activities when appropriate. This allows them to have a sense of control.

Limit Exposure to Monitor exposure to sensationalized media and rumors that may cause heightened fear

Media Outlets and anxiety. Taking a break from the news and conversations around COVID-19 may be

helpful to allow you and your children to focus on something else.

If a child/youth seems to be having difficulty adjusting to the current situation, reach out to a mental health professional for guidance. Please call the Nassau County Helpline at 516-227-TALK (516-227-8255) to learn about resources available in the community and/or download the Nassau CARES app.