



Mental Health and Children

The following information can help parents ensure the mental well-being of their children during the COVID-19 pandemic.



Recommendations for Parents



LIMIT NEWS AND MEDIA

- Children can be especially sensitive to images and stories in the news. It is a good idea to limit their exposure, but continue to provide children with accurate and honest information that is appropriate for their age and comprehension levels.
- Provide resources for your child, from a reputable source, that may help them to understand the Coronavirus and how to protect themselves better. (Try the [COVIBOOK](#) here)



REASSURE YOUR CHILD

- Reassure children that it's normal to feel upset or scared, or any other emotion they may be feeling.
- Children hear what you say and how you say it. Be calm when interacting with your child and with others in the household.
- Remind them that they are safe and that you are taking the necessary precautions to keep them safe.
- Set aside time to talk with your child regularly and assess how they are feeling.
- Allow them to be open and honest about their fears and struggles during this time.
- Watch for changes in behavior that may indicate increased stress or anxiety.
- Provide opportunities for them to connect with friends, teachers, or family members whom they often see.
- Let your child know they can come to you if they have any questions.

TAKE CARE OF YOURSELF

- Your children watch and absorb everything you say and do. Remember to role model self-care practices for your child.
- Limit your exposure to news sources. Stay informed, but ensure you turn off the news if you begin to feel anxious or stressed.
- Maintain a routine as similar to your normal routine as possible.
- Set aside time each day to relax using methods that work for you, such as exercising, stretching, praying, meditating, or reading a book.
- Stay connected with friends, family, co-workers and neighbors who you would normally speak to or see in person.

COVID-19 Resources for Teaching Children

From Zero to Three
[Tips for Families](#)
[Answering Your Child's Questions About Coronavirus](#)

From the CDC
[Talking to Children about Coronavirus](#)

From NPR
[Just for Kids: A Comic Book Exploring Coronavirus](#)

From MindHeart
Available in multiple languages
[COVIBOOK](#)

From Pipo Productions
available in English and Spanish
[Fighting the Big Virus](#)

From Sesame Street
[Handwashing Video Series](#)

From Brain Pop
[COVID-19 Video, Quiz and Other Teaching Tools](#)

From Live Science
[Infographic for Kids](#)

From Click2Houston
[Cartoon Teaches Children About Coronavirus](#)

From National Association of School Psychologists (NASP)
[Helping Children Cope With Changes Resulting from COVID-19](#)

From Edutopia
[Ways to Make Coronavirus a Teachable Moment](#)