

# SUPPORT FOR FAMILIES DURING COVID-19

## Tips for Helping Kids Handle Stress

During this time of uncertainty we need to be intentional about developing and practicing tools to self-regulate, be problem solvers and build resilience. Below are some tips on how you can show up for your kids and students in the best possible way!

## Validate Emotions

Allow yourself and your kids/ students to sit with their feelings and know that all feelings are okay; it's what we say and do with them that is either helpful or not.

## Keep Up Routines

Or create new ones! Kids (and adults too!) thrive on predictability and boundaries so work with them to create schedules that include down time, learning, movement, community action, art, etc. Allow them to lead in the creation of the routines so they have buy-in to the structure.



## Supporting Our Children

There are many resources coming online daily and it can feel overwhelming to be online. We have found these to be high quality and from trusted national organizations based in research.

Talking to Your Kids About Covid-19 – *The National Association of School Psychologist*, Available in 7 languages

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)





## Use A Feel Good Plan

This is a list of things you and your kids can think, say or do to soothe your nervous system.

Three things that should be on everyone's FGP plan are:

- Helpful self-talk
- Deep breaths
- Some type of movement

Two things that shouldn't be on anyone's list are:

- Vices (that's mostly for the adults!)
- Screens

Everyone in your family can have one and once school returns to it's regularly scheduled programming, you can create them with your students and staff as well! Here's how:

1. As a class, staff or family, brainstorm things you think, say or do to calm down your brains and bodies
2. Spend 5-10 minutes creating a list from the brainstorming
3. See [www.cheranderton.com/downloads](http://www.cheranderton.com/downloads) for a PDF and video tutorial on implementing FGP's.

Parent/Caregiver Guide to Helping Families Cope With Coronavirus 2019 – *The National Child Traumatic Stress Network*

[https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)

How to Talk To Your Kids About Covid-19 – *University of Michigan*

<https://healthblog.uofmhealth.org/wellness-prevention/how-to-talk-to-your-kids-about-covid-19>

10 Tips for Talking with Your Kids About Covid-19 – *Public Broadcasting System*

<https://www.pbs.org/newshour/health/10-tips-for-talking-about-covid-19-with-your-kids>

How to Talk to Your Kids About Covid-19 - *Psychology Today*

<https://www.psychologytoday.com/us/blog/hope-resilience/202003/how-talk-your-kids-about-covid-19>

## Continued Supports

In the next few weeks Sound Supports will be launching online learning and webinar services to support both families and teachers during this unique time. Check our website for news of upcoming online supports. [www.soundsupportsk12.com](http://www.soundsupportsk12.com)

