



### ***Provide Age-appropriate facts***

Reduce and limit news coverage but provide fact-based information to your child that is appropriate to their age.



### ***Keep Routines***

Maintain a family routine. Structure the routine as closely as possible to what your child is accustomed to. This might include waking up, bedtimes, and meals at the same time.



### ***Teach your child to recognize signs/symptoms***

Teach your child to notice any physical symptoms that may be related to anxiety: stomachaches, headaches, heart racing, muscle tensing, etc. Have them describe or draw what it feels like or keep a journal to track.

# ***Decreasing Anxiety in Children***



**During School Closures and Covid-19**



### ***Teach Flexible Thinking and Problem-solving***

Rather than trying to solve the problem for your child, help them to come up with ideas on how to cope. If an original idea is not successful, teach your child they can come up with alternative ways of managing their feelings.



### ***Role Model***

Children follow our lead and example. Validate your child's feelings and role model ways of coping with anxiety. Maintain a calm demeanor and use positive self-talk and problem-solving strategies.



### ***Teach Coping Strategies***

Help your child by teaching them and practicing coping strategies: Relaxation techniques, mindfulness activities, deep breathing, physical activity, journaling, etc.