

From Kristen Olenforst, PhD

**For Parents:**

- Conserve energy, pace yourself and be intentional with taking in information from media. Anxiety can be contagious.
- Focus on helpful facts. For most people, symptoms are mild.
- Some worry can be helpful. Do what precautions you can. Wash hands, wear mask, practice social distancing.
- Trust yourself for getting the best information and taking steps to protect yourself and your family.
- Schedule the day to help add safety, predictability, things to look forward to.
- Practice mindfulness, living in the present as this time is filled with uncertainty.

**Messages to Children**

- Repeat, validate their concerns and feelings. “I see you,” “I hear you,” “I understand,”
- Explain what happens. For example: “Many are sick and then they stay home to feel better and to not spread the virus. We stay home more to give us space from those getting sick and that are sick. If one of us gets sick, we will do our best to help them get well and we will stay together (but we will keep our distance).”
- “You are asking a lot of questions. Some I can answer, some I can try to find answers, and some I can’t answer, no one can yet.” “Tell me what you know about this and I can help give you more information.”
- I know you are worried about your grandfather. He is strong and doing everything to stay healthy and keep his distance to stay safe.
- I am sad and disappointed with you, you have lost so many things you looked forward to. There will be so many more things in your future.

Netflix has a Brene Brown special that is spiritual, positive, calming.