CONTRA COSTA CRISIS CENTER

Stress and Coping: the Outbreak of COVID-19
Tips for Parents of Young Children

The outbreak of the Coronavirus Disease 2019 has been stressful for many adults, youth, and children. The fear and anxiety can be overwhelming for many of us.

Watch for Changes in your Young Children:

- Increased irritability, aggressiveness.
- Excessive worry or sadness.
- Sleep disturbances, nightmares.
- Clinginess.
- Returning to behaviors they had outgrown:
    - For example, toileting accidents, bedwetting, thumbsucking.
- Difficulty with attention and concentration. Poor school participation.
- Avoidance of activities they previously enjoyed.
- Loss of appetite.
- Unusual headaches, stomach aches, or other pain.

How to Help Your Young Children:

- Talk with your young children about the COVID-19 outbreak.
    - Provide accurate, age-appropriate information.
    - Answer your children's questions and address rumors.
    - Limit exposure to media and social media coverage.
    - Remain calm as you reassure your children:
        - It's okay to feel upset.
        - We can stay safe.
        - Share your own coping skills.
- Listen to your children and their concerns.
- Try to maintain regular routines in your home.
- Help your children to stay physically active.
- Help your children to stay socially connected to family and friends.
- Encourage your children to ask for help and support.
- Set a good example of taking care of yourself.

How to Care for Yourself:

- Care for your own physical health and mental health. Take breaks. Unwind.
- Connect with others.
- Stay informed while avoiding excessive attention on news media.
- Reach out for help and support.

For more information or for support for yourself or others 24/7: contact the Contra Costa Crisis Center. Call 2-1-1 or 1-800-833-2900. Text HOPE to 20121.

This information comes from the Centers for Disease Control:
Go to www.cdc.gov/coronavirus/2019-ncov/index.html.
See also: www.coronavirus.cchealth.org/coping-with-stress