

MINDHACKS

Tips for Parents

Make time to talk to your children about COVID-19 when they are ready:

Help children express how they are feeling and reassure them that their feelings are valid

Let children guide the conversation, encourage them to ask questions they may have

Provide correct information in place of misinformation children might have heard

Be honest and reference Fact Sheets from UPMC, the CDC, or World Health Organization

Talk to them about all of the people that are helping

Try to keep a regular routine as much as possible

Participate in family activities

Check in with your child daily to see how they are coping

Be aware that children may require extra patience at this time

Try to limit children's exposure to news coverage as it can be overwhelming

Sleep can be negatively impacted during times of stress. Create a relaxing bedtime routine: reading a book before bed, no screen time an hour before bed, etc.

Remember, you are a role model to your children so be sure to be practicing your own self-soothing.

For more information about COVID-19, please visit UPMC at: www.upmc.com/coronavirus

EmbracePittsburgh.org/MindHacks



Embrace_PGH



EmbracePGH



EmbracePGH

