

# GUIDANCE NEWSLETTER

## SUPPORTING KIDS DURING COVID-19

### BE A ROLE MODEL

Work through your own anxiety and fears so as not to escalate children's worries. Your child is a keen observer!

### LISTEN AND BE SUPPORTIVE

Being a good listener is key. Let children raise and share their own concerns. Reflect and validate their feelings. Meet your child where they are; answer their questions and address their concerns. Help your child communicate their feelings and remind them that it's ok to feel sad, mad, afraid, or confused.

### ENCOURAGE HEALTHY HABITS

Review and model basic hygiene. Eat healthy and get plenty of rest. Model and practice coping skills such as: exercise, deep breathing, using positive self talk, being silly and journaling.

### BE HONEST AND ACCURATE

Information is useful but too much information can be overwhelming. Talk about the facts that we know in a brief, age appropriate manner. Limit children's exposure to news and social media. Overexposure can be frightening and overwhelming for children.

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