



BCPS Health and Safety QUICK TIPS



Tips for Keeping Children Calm and Avoiding Anxiety

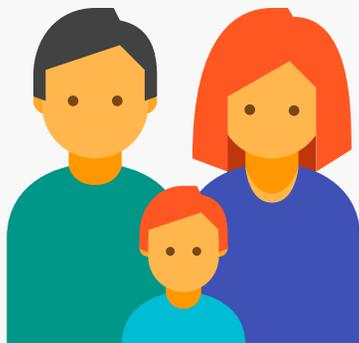


Keep Conversations Age-Appropriate

Early-Elementary age children need brief, simple information that should balance facts with reassurance that schools and homes are safe. Give simple steps on what people do every day to stay healthy, such as washing hands, using their elbow to cough into and keeping hands to themselves.

Upper-Elementary and Middle School age children will be more vocal; they may need assistance separating reality from rumor and fantasy. You may want to discuss efforts that the school and community are doing to prevent germs from spreading.

Upper-Middle school and High School age children are able to discuss the issue more in-depth. Provide honest, accurate and factual information; having such knowledge helps them feel a sense of control.



Parents and Teachers: Pay Attention and Be a Good Listener

Parents, teachers and caregivers can help children express their emotions through conversation, writing, drawing, playing and singing. Most children want to talk about things that make them anxious and cause them stress- so let them. Accept their feelings and tell them it is okay to feel sad, upset, or stressed; crying is also a healthy way to relieve stress and grief. Ask your teens what they know about COVID-19 and be knowledgeable to help prevent any rumors that cause additional stress. Try to watch the news coverage with them; limit access so they have time away from reminders about the situation and still be a kid.



Model Self-Care

Adults can help children and youth see the good that can come out of a situation. They can also show children and youth how to take care of themselves. Being in good physical and emotional health, parents, teachers and caregivers are more likely to be readily available to support the children we care about. For more supports and wraparound services for youth, please reach out to your child's school via phone or email and speak to the counselor, family resource coordinator or mental health professional for any further needs.