Let’s Support One Another

It’s understandable to be anxious during this COVID-19 pandemic. How could we not be? However, how we as parents, caregivers, or caretakers manage our own anxiety about all this will have an impact on our children and families. Keeping your own anxieties and fears in check will help you and your family navigate this new situation.

If you are a parent, caregiver or caretaker and feeling hesitant or uncertain about what to share, how much to share, and ways to navigate COVID-19 when so much is still unpredictable, you’re not alone.

Here are some quick helpful tips and tricks to get you through this with your little ones.

1. Make them feel safe:

Allowing your children to feel all their feelings without having say on how they should feel is a good start. We want to reassure our children that this is temporary and that they and their family will be just fine.
2. Give Simple Facts:

Your children only need simple and honest answers. Try to avoid “protecting” your child by not talking about the Coronavirus while they are around. It’s not helpful! Share age appropriate information such as “it’s a type of germ” and “it can make you sick like the flu”. Children don’t like feeling left out. Keep them informed!

3. Let them know what to except:

The scary part about this one is.... We as parents don’t even know what to expect. However, we do know some things like we need to practice daily social distancing, proper hygiene and tentative return dates to school and extracurricular activities.

4. Keep the child’s developmental stage in mind:

Be honest with yourself and do your child a favor by keeping in mind their developmental stage. Every child is different, and you may face new challenges as your child is trying to adapt to his/her new norm. Be Patient and Understanding.
5. Try to keep a “Normal Routine”:

Keeping a “normal routine” is just not ideal for all families at this time. But you can keep your children on the same nap, outdoor play, and meal routines. Just as you need time to adapt to this new norm allow your children to do the same. This will be tough but remember it’s temporary and use your supports.


6. Parent Self-Care

Be sure to take care of yourself. Try to limit how much news you watch. Take a walk, afternoon nap, bake, catch up on your favorite show or book. Be sure to identify ways to keep yourself grounded especially when dealing with challenging behaviors.

(Nami Massachusetts, 2020)

References:
