



Coronavirus: How to Support Your Child



Wonders & Worries

Professional support for children
through a parent's illness.

We will, together.

- C** **Calmly** adjust to new information and lifestyle changes. The calmer you are, the calmer your child will be.
- O** **Observe** where, and how often, your child receives information about coronavirus.
- V** **Validate** your child's feelings and concerns.
- I** **Identify** the facts and address any questions and misinformation.
- D** **Discuss** what we can control, including washing hands, practicing social distancing, and staying home.
-
- 1** Stay up-to-date with 1 reliable source, such as the CDC. Limit exposure to the news and social media.
- 9** As a family, express gratitude for 9 different things each day to enhance positive thinking and improve mental wellness.