

Coronavirus: How to Support Your Child

Review each step and ask your child the following questions.



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.
How has your daily routine changed, and how do you feel about those changes?

O **Observe** where, and how often, your child receives information about coronavirus.
What have you heard about coronavirus?

V **Validate** your child's feelings and concerns.
How do you feel about the information you've heard?

Many people feel the same way.

I **Identify** the facts and address any questions and misinformation.
What questions do you have about coronavirus?

D **Discuss** what we can control, including washing hands, practicing social distancing, and staying home.
What are some things we can control during this time?

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1 Stay up-to-date with 1 reliable source, such as the CDC. Limit exposure to the news and social media.
What helps you feel relaxed?

9 As a family, express gratitude for 9 different things each day to enhance positive thinking and improve mental wellness.
What are you grateful for? Let's pick 9 things together!
