Coronavirus: How to Support Your Child

- **Calmly** adjust to new information and lifestyle changes. The calmer you are, the calmer your child will be.

- **Observe** where, and how often, your child receives information about coronavirus.

- **Validate** your child’s feelings and concerns.

- **Identify** the facts and address any questions and misinformation.

- **Discuss** what we can control, including washing hands, practicing social distancing, and staying home.

- **Stay** up-to-date with 1 reliable source, such as the CDC. Limit exposure to the news and social media.

- **As a family, express gratitude for 9 different things each day to enhance positive thinking and improve mental wellness.**

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