

What Our Children Really Need During COVID-19

Children are experiencing this pandemic in many ways that affect their every day life. See below for a short list of reminders that all children and adults can benefit from as we build resiliency together.

CONNECTION

Your child needs to feel connection. Children need to feel secure, loved, and safe during times of disruption. A simple gesture like a hug and a smile during a normal day is critical now. Snuggles with a caring and safe grownup is much needed during a period when children are socially isolated from others.

FUN & FLEXIBLE

Have fun! These are hard time, so it is important to remember to have fun! Find many more moments to embrace joy and laughter together. This requires flexibility for all! **(Cook, hike, build, grow, dance, sing, adventure, movies, read, create, sports)**

BE POSITIVE

Kids are balancing a lot of emotions right now. They might feel stressed or anxious with new routines and new learning. Provide support and positive feedback. This was a fast adjustment for kids, and that can be really hard! **"I am really proud of you! Great work! Amazing!"**

ASK ?'s

Find times where you can ask your child open ended questions. This gives them a chance to express their feelings, thoughts, and fears. **"Is there anything you are worried about right now?" "Is there anything you are missing right now?" "Is there something that would make you feel good right now?" "What can I do to help you?"**

BE EASY

This is not the time to be a superhero. Do the best you can. Prioritize your relationships with your child, and let the rest go. They need you right now.