Coronavirus: How to Support Your Child

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.

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