

# 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?*

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

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

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*Many people feel the same way.*

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

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**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?*

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**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!*

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