

Take a well-being break

Helping kids cope

Your kids may be learning to adapt to a lot of changes because of COVID-19. Here are a few ways to help put them at ease:



Be informed. To understand the latest COVID-19 updates, check credible sources, such as the [Centers for Disease Control and Prevention \(CDC\)](#) and the [World Health Organization \(WHO\)](#).



Ask your kids what they know. If they come to you with questions, first ask what they've heard, so you can correct any misinformation. Ask what they're afraid will happen.



Acknowledge and address your kids' fears calmly. Answer with details you think they can handle. Let them know everyone is doing what they can to keep it from spreading.



Share your family plan. Focus on the positive things your family is doing to stop the spread — like washing hands, not touching faces, covering coughs and sneezes, disinfecting surfaces and not sharing drinks and utensils.



Keep them busy. For ideas, try some fun, educational websites like [Achieve 3000](#), [Sesame Street's online home](#), [CoolMath](#), [Scholastic](#) and [PBS Kids](#).



Be a role model. Your children look to you to decide if their fears are grounded. Model reasonable precautions and a calm attitude. If you aren't anxious, they'll likely feel better.



Look for ways they can help others. Ask for their ideas. Come up with suggestions, like drawing thank-you signs for local nurses and doctors.



For extra support

If your kids need extra help, you have options:

- Your company's **Employee Assistance Program (EAP)**; or
- Your **primary care doctor**; or
- **Telehealth resources** — offered online, via phone, and through mobile apps - focused on mental health and emotional wellness; or
- **1-800-985-5990**, a confidential national hotline for crisis counseling from the Substance Abuse and Mental Health Services Administration. It's toll-free and available 24/7.

