

Ways to Care for Yourself, Your Family & Your Community

As information surrounding COVID-19 continues to become available and our communities adjust to help to prevent the spread, we know your home life will be impacted. Here are some helpful tips and resources for you during this time of increased anxiety.

Yourself

- Expect to feel stressed, cranky and confused, and expect to see that in others as well.
- Instead of reading all of the news, choose a few sources for daily virus updates.
- Try to create new routines especially if you're at home. Don't sleep until noon or stay up late.
- Make a plan to stay active.
- Keep in touch with family and friends through phone or video calls or social media.

Your Family

- Include kids in household chores. Keeping kids busy and spending time together can help ease stress and leave less time for boredom.
- Kids may not understand what they are feeling. Trouble sleeping, out of the ordinary crying/crankiness and anxiety are common signs of stress in children.
- Share basic information with kids about the virus and how to stay safe. Limit their ability to watch the news or get updates on the virus.
- If kids are worried about how different things seem, let them know that the way we do things has changed, but it won't last forever.
- Keep in touch with family and friends through phone or video calls, or social media.
- If your child's daycare or school is closed and you have to work, make sure you leave your child with someone who has cared for children before, and give them your number to call you with questions or concerns.
- Small group play dates outside are OK as long as people who are sick stay home.
- Stay active together as a family.

Your Community

- Reach out to elderly or ill neighbors and ask if you can shop or run errands for them. You can also make it part of your routine shopping trip for your own family.
- Help other people stay calm by sharing this information.

Additional Resources

- [National Child Traumatic Stress Network](#)
- [Zero to Three](#)
- [GoNoodle](#)
- [Virtual Field Trips](#)
- [Scholastic Home Learning](#)
- [Screen-free family activities](#)
- [Websites with free activities to keep your kids' brains stimulated](#)

