Caring about our
CHILDREN & TEENS
in times of a pandemic

Children and Teens:
☆ Are affected by the stress of the COVID-19 pandemic.
☆ May have experienced changes such as not going to school or seeing friends, losing a loved one, and losing their plans and celebrations.
☆ May show their stress by being anxious, irritable, angry, restless, or quiet.
☆ Younger children may be more “clingy.”

Keep in mind:
☆ It is important to recognize that this is a stressful time not only for adults, but also for teens and children.
☆ Their reactions may be misinterpreted as bad attitudes.
☆ Be a role model! The best way to help them decrease their stress is for parents and caregivers to learn to deal with their stress in a healthy way.

Phone Numbers

Emergencies
call 9-1-1

Report child abuse and neglect. Call Department of Family and Protective Services
1-800-252-5400

EHN mental health crisis hotline
915-779-1800
or
1-877-562-6467

Suicide Prevention
1-800-273-8255
How can you help them take care of their mental health?

- Get creative!
  Engage in fun family activities at home.

- Encourage them to find a hobby.

- Strengthen family bonds.

- Set up a flexible routine and follow it every day.

- Have a sleep schedule.

- Eat as healthy as possible.

- Get physically active and if possible, engage in outside activities.

- Monitor what they see on the news or social media.

- Talk openly about feelings and concerns.

- Ask what she/he has heard or seen about the pandemic. Be available for questions.

- Reassure them.

- Make social connections!

- Allow supervised phone calls, emails, online calls with friends and family.

- Talk to your pediatrician if you notice big changes in their behavior.

- Be patient!
  Remember children may struggle with online education and complete less work.

- Report abuse: Children and teens may experience abuse at home during this time. It is important to put an end to it (see number on previous page).