



*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

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

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

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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).



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