In addition to keeping children physically safe during the pandemic, it is also important to care for their emotional health. The threat of COVID-19, long-term social distancing, and prolonged disruption to the school routine may create significant stress and impact children’s mental well-being.

PROMOTING RESILIENCE IN CHILDREN

Children’s healthy adaptation and ability to bounce back from a crisis involve the following key supports from their families:

CREATE A SENSE OF PHYSICAL AND EMOTIONAL SAFETY:
Provide a safe and supportive environment by having predictable routines, offering opportunities for choice and sense of control, having clear and consistent expectations, and providing praise for positive behaviors.

ENCOURAGE EMOTIONAL REGULATION:
Teach and provide opportunities to practice self-regulation skills. This includes being able to identify their feelings, manage their emotions, and use strategies to calm themselves. It is also important for caregivers to model their own self-regulation in response to stress.

STRENGTHEN RELATIONSHIPS:
Provide opportunities for family fun time and connecting with others. During a time of social distancing, supportive and trusting relationships can be healing and counteract the impact of stress.
ESSENTIAL QUESTIONS FOR PARENTS & GUARDIANS

How do I prioritize and practice regular self-care?

What are ways I can reach out to others when I need help? Do I know how to find telemental health services?

How do I prevent and respond positively to challenging behaviors?

What are some signs that my child is struggling to cope?

Am I creating opportunities for play and staying connected with others?

How do I validate my child’s feelings and teach healthy coping skills?

SELF-CARE

In order to promote resilience in your children, you need to stay physically and emotionally healthy yourself. Even more important during difficult times, you need to practice daily habits and activities that enhance your overall wellness and reduce stress. What nourishes each person will vary, but it is important to consider different areas, including physical, emotional, intellectual, and spiritual domains. Prioritize and model regular routines to take care of yourself.

PARENTAL/ CAREGIVER WELLNESS CONTROL PANEL

FOR SUPPORTING CHILDREN & ADOLESCENTS

HELPING CHILDREN COPE WITH CHANGES COVID-19
REDUCE HOME SCHOOLING STRESS
ACTIVITIES & LEARNING FROM HOME RESOURCES
TALKING TO CHILDREN ABOUT COVID-19
COMMON REACTIONS & HOW TO RESPOND
CHILDREN COPING RESOURCES

FOR PARENTS & CAREGIVERS

COVID-19 RESOURCES & TIPS FOR FAMILIES AND OTHERS
GUIDE TO HELPING FAMILIES COPE WITH COVID-19
HOW YOU & YOUR KIDS CAN DE-STRESS
TAKING CARE OF YOURSELF
SUPPORTING FAMILIES DURING COVID-19
COVID-19 RESOURCE & INFORMATION GUIDE

FOR FAMILY CRISIS

RESOURCES FOR FAMILIES IN CRISIS
2020 VIRGINIA SUICIDE PREVENTION DIRECTORY
EMERGENCIES & DISASTERS: HELPING FAMILIES COPE

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