



PARENTS – How to keep your Children Safe and Reassured when dealing with Coronavirus

It's really important to talk to your children and let them know they can come to you for questions and comfort. Even if we as parents are feeling scared, worried, anxious, or uncertain, it's important to reassure our children so they can feel supported and safe. According to a recent CNN post, there are 5 key things parents can do to keep their children safe and reassured:

- 1) Open up the conversation about Coronavirus and keep the communication open.
- 2) Ask them questions about what they think and feel about the situation and ask them if they have questions for you.
- 3) Try to reassure them with positive, useful, information, focusing on what they can do to help themselves and be proactive.
- 4) Validate their concerns, encouraging them to explore their feelings, being careful not to negate or disregard their worries (which sometimes as loving parents, we instinctually do).
- 5) Tell your children what is being done to keep them safe by you, other family members, community, schools, government, etc. This will help them feel safer and connected as part of a larger whole in coping with this situation.

If you want to read the entire CNN article, click on this link:

<https://www.cnn.com/2020/03/05/health/coronavirus-how-to-talk-to-children-trnd/index.html>

If your child is experiencing overwhelming anxiety, worry, depression, or other symptoms that you are concerned about, please reach out to us at The Center for Counseling and Consultation:

Staten Island Campus
719-390-4451
Spellman Hall, Room 101

Queens Campus
718-990-6384
Marillac Hall, Room 130

If your child needs to speak with someone when we are closed, please have them call our Mental Health Helpline, at 718-990-6352.