

COVID-19

Tip of the Day

Child Coping Mechanisms

Ideas to help your children cope with the changes that are occurring include:

- *Create a new normal routine: Create a daily schedule for children at home that includes learning time and enjoyable physical activity*
- *Be a role model for your child and demonstrate healthy habits such as a healthy diet and consistent physical activity*
- *Allow your child time to move their body. Social distancing does not mean that your child can not play in the yard, go on walks or bike rides. Ensure that you are monitoring your children in following social distancing guidelines during their activity time.*
- *Consider the attached link for an activity book to work through disasters like COVID—19 for children ages 3-10*

https://www.cdc.gov/cpr/readywrigley/documents/RW_Coping_After_a_Disaster_508.pdf



<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>