## Supporting Children and Teens During COVID-19

### Communicate
Trust is the foundation between family members. Explain COVID-19 to your children using simple language they understand. Follow their lead in the amount you share at one time. Some children need small doses and others are information seekers.

### Validate
When you name and validate emotions for children it helps normalize their experience. You can also model this behavior by labeling your own.

### Play, Create & Express
Empower children through play and creativity. Encourage open-ended play opportunities using toys, nature, loose parts, and art. In the metaphor of play, children can process their experiences and gain control. Teens can create and express themselves through technology, music, art, drama, and journaling. Expression is healthy and builds resilience.

### Safety & Security
Children & teens need to feel safe. Explain that the family has a job to keep themselves and others healthy by participating in good hand washing & social distancing. Prepare children with a plan if a family member becomes ill with COVID-19.

### Grief & Loss
The pandemic causes grief. There is a loss of control and a change in routines. Separation from loved ones & friends. Heightened anxiety with uncertainty. There is also hope and connection. Read children’s books with similar themes and open up the dialogue.

### Self-Care
In order for caregivers to support children and teens, they need to take care of themselves first. Give yourself permission to have that time.

### Resources
- [CDC.gov](https://www.cdc.gov)
- [Childlife.org](https://www.childlife.org)
- [Childrengrieve.org](https://www.childrengrieve.org)
- [Dougy.org](https://www.dougy.org)
- [Healthychildren.org](https://www.healthychildren.org)
- [Kidshealth.org](https://www.kidshealth.org)

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Supporting Children and Teens During COVID-19: Resources

Preschool-Aged
- Time to Come in Bear
- Wash Your Hands with Baby Shark
- Sesame Street Caring for Each Other
- PBS How to Talk to Your Kids About Coronavirus

School-Aged
- Brainpop: Coronavirus
- NPR: Just for Kids
- St. Jude Coronavirus Coloring Book

Teens
- Social Distancing
- Teens & COVID-19
- Supporting Teenagers & Young Adults During the Coronavirus Crisis

All Ages
- How to Explain Social Distancing to Kids
- DIY Child Life: COVID-19 Explanation
- #COVIBOOK: Supporting and Reassuring Children Around the World

Special Needs
- Social Distancing Story
- Advice for Caregivers of Children with Disabilities in the Era of COVID-19

Therapeutic Activities
- Family Activity to Help During COVID-19
- Coping Skills with Candy Land
- Helping Kids Get Comfortable Wearing a Mask
- St. Jude: Learn About Coronavirus
- CLDR: Virus Bingo
- Staying Sane Through the Power of Play
- 23 Fun Indoor Activities
- Cosmic Kids Yoga
- Rainbow Breath

Books: COVID-19 Themes
- Why We Stay Home By, Samantha Harris and Devon Scott
- The Story of The Oyster and the Butterfly By, Ana M. Gomez
- A Book About COVID-19 By, Malia Jones
- So Much Toilet Paper: A Kid's Guide to Surviving a Pandemic By, Greta Davis and Makenzi Jordan Rodriguez

Books: Grief, Loss & Separation
- The Invisible String By, Patrice Karst
- Sun Kisses, Moon Hugs By, Susan Schaefer Bernardo and Courtenay Fletcher
- The Kissing Hand By, Audrey Penn
- My Yellow Balloon By, Tiffany Papageorge
- Death is Stupid By, Anastasia Higginbotham
- Something Very Sad Happened By, Bonnie Zucker
- The Memory Box: A Book About Grief By, Joanna Rowland

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