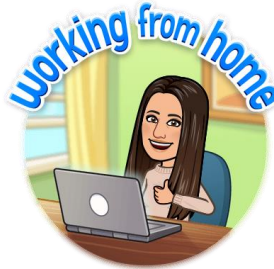




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“In crisis lies opportunities for strengthening families, amplifying children’s coping skills and promoting resilience.”
Maria Trozzi, M.Ed

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It is our goal to support Whitney families through these uncertain times. We would like to share informational resources and activities which may offer our students strategies to cope with their new normal over the next few weeks. As you support your child at home, here are strategies to make this transition of homeschooling more manageable.

This week we’d like to share the following information obtained from the [CDC \(Center for Disease Control\)](https://www.cdc.gov) website to support stress and anxiety during this unprecedented time.

Children react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

** Watch for behavior changes in your child. Not all children respond to stress in the same way.**

Some common changes to watch for include:

- Excessive crying or irritation in younger children
- Returning to behaviors they have outgrown (for example, toileting accidents)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and “acting out” behaviors especially in teens
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain

Ways to Support Your Child:

- [Share facts about COVID19](#) in a way that your child or teen can understand.
- Reassure your child that they are safe and it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your family’s exposure to news coverage of the event, including social media.
- Try to keep up with regular routines.
- Be a role model-take care of yourself! Take breaks, get plenty of sleep, exercise, and eat well.
- Connect with your friends and family members.
- If you need further support call the disaster distress hotline at call 1-800-985-5990, or text TalkWithUs to 66746