



## Weekly Newsletter

# Tuesday Topic: How this pandemic can affect your child

Krippa Family Psychological & Wellness Services

-Candace Patterson, Intern



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## Updates from our Practice

We are currently offering all of our services through video sessions. You can meet with any of our clinicians through video to gain the support that you or your family might need!

Schedule a free consultation today <https://app.acuityscheduling.c...>

We are also offering FREE video conferences! Join our clinicians as they discuss important topics, tips and provide techniques for coping with this pandemic.

Sign up here <https://www.subscribepage.com/...>

# How this pandemic can affect your child

During this unprecedented time, many people are feeling the effects of COVID-19 whether it is through worrying about exposure, experiencing school and business closing, as well as losing jobs. With the constant media cycle, the virus is getting extreme attention and many are experiencing effects to their mental health. Children and teens may be at greater risk of subscribing to the fear-based media that is currently happening. In addition with school closures, they have most likely lost their main source of interaction with others their age.

It is likely many children and teens have welcomed the break from schoolwork, waking up early, and other things they have deemed negative about school. Also, most schools decided to make the first week or two of the virus a spring break for the students. As a result, many students see this time as a break that ends soon. Due to this, some children and teens may not have shown any anxiety or other negative feelings towards the virus. However, now that the state has gone into lock down, your children and teens may start showing more anxiety towards the virus, if they haven't already.

If your child or teen is starting to show anxiety toward the virus here are some ways to help your children:

- Limit their exposure to the news and social media.
  - clarify any misinformation
- Talk with them about the rate of people that have been successfully treated rather than the death rates.
  - Create a family plan for treatment-- "if this happens, we will do this"...inform your family of the plan
- Work with them on breathing techniques
  - Have them breathe in through their nose for 4 counts and out through their mouth for 8 counts. Have them do this for 3 minutes.

- Find ways to distract them from what's going on:
  - Take them for a walk
  - Call a friend or family member
- Play a game as a family
- Have them help you cook dinner
- Help them do something artistic such as painting, coloring, or dancing.
- Connect with your child or teen to determine how they are feeling
  - do regular check-ins
- Take notice of how your child/teen is acting. If you notice major changes in mood, isolating or avoidant behavior, lack of interest in once enjoyable activities, excessive worrying or stress etc. Seek assistance! Call us at [\(919\) 893-9444](tel:9198939444) We have a webinar specifically geared towards gaining support and helping your family through these difficult times. Subscribe at the link above!

**Thanks for reading. Stay safe, we are here for you!**

**Krippa Family Psychological & Wellness Services**

547 Keisler Drive Suite 202, Cary

200 East St., Pittsboro

(919) 893-9444

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