



Helping our Children cope in a forever changing COVID world

Now more than ever mental health has become an important topic of discussion in our society. With the many stressors we have all felt from COVID-19, kids are no exception. Children are facing challenges from all aspects of their lives including adjusting to virtual learning, isolation from friends/family, a lack of structure, and increased anxiety of themselves or their family members becoming sick. So how can we help as parents, teachers, administrators, and community members?

The most important thing is to notice the warning signs that a child is struggling. These can include, but are not limited to, isolation from family or friends, decreased interest in hobbies, oversleeping, changes in appetite, frequent headaches/stomach aches, or frequent crying/sadness. So, when we do notice these signs, how can we help?

Having an open and honest conversation is the first step. Asking how they are doing, while staying calm, actively listening, and offering reassurance along the way. Another important question to explore is how they are coping or adjusting to these changes in their life? This can create a safe space to help brainstorm some appropriate coping techniques. Examples can include belly or deep breathing, physical exercise, grounding techniques, journaling, meditation, mindfulness, art expression, or whatever self-care may look like for them. To find more helpful links/coping skills, simply click on the link to this interactive virtual counseling room:

https://docs.google.com/presentation/d/1-hP1OsL9BI_7bXwSEVTLag1MHqypMcZqEZBTM2h7ITw/preview?rm=minimal

While these coping skills will help children manage with the impacts of COVID-19, sometimes there is a need for more support. Some children may also need a safe space to continue working through these life changes, processing their emotions, and learning appropriate ways to regulate behaviors and moods. The next step is to reach out to a professional. Family Medical Center offers behavioral health services in person or virtually to support your child through this difficult time. Please call us today at 734-347-2048 to get more information on the services we provide:

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