

Taking C.A.R.E. of Your Child During Coronavirus

C: Check-in with you child. Invite them to share their feelings. Give them a chance to ask questions.

A: Acknowledge your child's feelings and normalize them.

R: Reassure your child that their body is strong, made to fight germs and heal. This is only temporary. Help them regulate their anxieties or do calming activities together.

E: Empower your child. Let them know staying in is a choice to keep others healthy. Help them become "Staying in super-heroes." Encourage them to connect with friends, family or anyone else that might be lonely.

