

DURING THE COVID-19 CRISIS ...

# Continue to Stay Safe at Home.

PARENTS



COVID-19 is causing all of us to face new stresses, school and business closures, family confinement, isolation and economic instability. Through all of this, children are particularly vulnerable. When children are tired, hungry or afraid, bad behavior is a natural reaction. For many, it's the only coping mechanism they have.

*Take care of your children. Take care of yourself.*

## It's okay to ask for help.

You are not alone. This pandemic is having both short-term and long-lasting effects for all of us, along with our families, our friends, and our coworkers. Of course, we're feeling stressed and anxious. But if you find you're angry too often, yelling all the time, feeling overwhelmed — and don't know where to turn — there are things you can do, resources you can access, and people who can help.

## Questions to ask your children:

- How's everyone getting along today?
- Are you worried about anything?
- What are you doing for fun?

## Questions to ask yourself:

- Is everyone okay?
- Can we get everything we need?
- Do we need any help right now?

## Help is just a call away.

This is a time for us all to help each other. If you're feeling overwhelmed, call and tell us what you need. If you're aware of another family that needs help, call us for that, too. This is a community issue. And we're all in this together. If you suspect a child is being abused or neglected, please call ChildLine.

**CHILDLINE**                      **1-800-932-0313**

*To connect a family in need with resources:*

Adams County Children & Youth Services                      717-337-0110

Adams County Children's Advocacy Center                      717-337-9888

## Take a break. You deserve it.

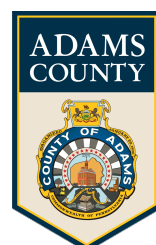
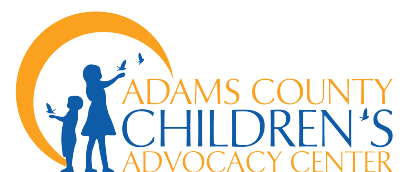
A short relaxation activity can be an empowering reset when you're feeling stressed or worried. It's also helpful when the children have been irritating or misbehaved.

### DO THIS FOR YOU:

1. Sit comfortably and close your eyes. Do absolutely nothing.
2. What are you thinking?
3. What are you feeling?
4. Is your body tense? Do you feel any pain?
5. Focus on your breathing. In and out. Can you slow it down a little?
6. When you're ready ... open your eyes. Tell yourself, "I can handle this."

### DO THIS FOR YOUR CHILDREN:

1. Schedule some one-on-one time. It doesn't have to be long. Let them tell you how they're feeling ... if they're worried or concerned.
2. Stay positive. Keep calm and try to manage any stress you or your kids are feeling.
3. Talk about COVID-19. Give them facts that are age appropriate for them. Listen to their feelings about the current situation.
4. Protect them online.



If you suspect immediate danger, call 911.