



COVID-19 Quick Guide: How To Support Your Child

C - *Calmly* adjust to new information and lifestyle changes. The calmer you are, the calmer your child will be.

O - *Observe* where and how often, your child receives information about coronavirus.

V - *Validate* your child's feelings, concerns and fears.

I - *Identify* the facts and address any questions and misinformation.

D - *Discuss* what we can control, including washing hands, practicing social distancing, staying home, and wearing a mask when going out.

1 - Stay up-to-date with **1 reliable source**, such as the CDC. Limit exposure to the news and social media

9 - As a family, express gratitude for **9 different things** each day to enhance positive thinking and improve mental wellness.