**SUPPORTING STUDENTS: PARENT RESOURCE**

Given this uncertain challenging time in the world, it is more important than ever for families and schools to work together to foster healthy relationships, understand emotional reactions, and teach positive coping skills. The National Association of School Psychology (NASP) put out some suggestions for parents when talking to their children about COVID-19 and how to support children during this time. It is important to teach children preventive measures, allowing them to talk about fears, and helping them see what they have control over during this time in order to help reduce their anxiety. Below are some guidelines:

1. Remain calm and reassuring. Children learn from adults around them. Your reaction can increase or decrease their reaction. Provide a safe space for children to voice their thoughts and feelings. Remind them that adults in their life are trying to keep them safe and healthy.
2. Avoid blaming and stereotypes.
3. Monitor television and social media. This may only heighten anxiety and is not always based on facts. Instead of screen time, this may be a time for board games, puzzles, or arts and crafts.
4. Provide a consistent structure and routine for children. Maintain a normal routine as much as possible that includes academics and extracurricular activities as well as bedtimes and mealtimes.
5. Children often imagine situations worse than they are, so make sure you have up to date factual information that you can convey honestly. Teach preventative measures, such as handwashing for 20 seconds, disinfecting home and school, covering mouth and nose when coughing and sneezing, not giving handshakes, and good nutrition.
6. Know the facts and symptoms of COVID-19. The Center for Disease Control is an organization ([www.cdc.gov](http://www.cdc.gov)) that provides facts about this virus. Here you will learn the symptoms as well as preventative measures.
7. Some points of emphasis include: Not everyone will get this virus, and right now the country is trying to limit social contact in order to reduce infections. Students should treat everyone with respect and not jump to conclusions about who may or may not have this virus.
8. Remind children of their strengths and encourage their sense of belonging. All children have skills, strengths, and knowledge that is important to our society. Help children identify activities that they can engage in to show support and solidarity for each other.

