

# COVID-19 HELPING CHILDREN COPE\*

## COMMON REACTIONS TO DISTRESS

### AGE

0-2

*Babies may cry more than usual and may need to be held and cuddled more.*

### AGE

3-6

*Ages 3-6 may have more accidents, bed-wetting, throw fits, or have a hard time sleeping. They may be scared about leaving their parents.*

### AGE

7-10

*Older kids may feel sad, mad, or scared. Make sure your kids know the facts, not rumors.*

### AGE

11+

*Tweens and teens might act out or be afraid to leave home. They may argue and fight more with kids and adults.*

### Special Needs

*Kids with special needs may have big reactions. Give extra words of comfort, explain what's going on, and give healthy physical contact.*

*Signs of stress are different for kids and vary by age. A child's history and regular ways of coping with stress can impact their behavior.*

For more information: [www.cdc.gov/childrenindisasters](http://www.cdc.gov/childrenindisasters)

*\*Adapted from CDC Helping Children Cope  
During and After a Disaster*



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