

# COVID-19

# HELPING CHILDREN COPE\*

## HELPING CHILDREN COPE DURING AND AFTER A DISASTER

TIP

1

*Set a good example. Eat healthy, exercise, sleep well, and avoid drugs and alcohol.*

TIP

2

*Stay calm and reassure your kids. Talk to your kids about what is happening. Keep it simple.*

TIP

3

*Prepare your household and let your kids know what the plan is.*

TIP

4

*Let kids talk about it. Encourage them to share concerns and ask questions.*

TIP

5

*Keep structure and routine as much as possible.*

*Separation from school, family, and friends can be stressful and kids may not understand what is going on.*

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

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



WHITE MOUNTAIN APACHE  
TRIBAL REGIONAL BEHAVIORAL HEALTH AUTHORITY