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# SUPPORTING YOUR CHILD.

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Children tend to react on what they see from adults around them. It is important for parents and caregivers to deal with COVID-19 calmly to help create a safe environment for children.

## REASSURE THEY ARE SAFE.

Share ways you deal  
with stress

## TALK AND ANSWER QUESTIONS

Share facts that your child will  
understand, don't go overboard  
with details.

## LIMIT MEDIA EXPOSURE

## BE A ROLE MODEL

Practice good coping  
skills that children will  
mimic.

## KEEP A STRUCTURE