



In addition to keeping children physically safe during the pandemic, it is also important to care for their emotional health. The threat of COVID-19, long-term social distancing, and prolonged disruption to the school routine may create significant stress and impact children's mental well-being.

## PROMOTING RESILIENCE IN CHILDREN

Children's healthy adaptation and ability to bounce back from a crisis involve the following key supports from their families:

**STRIDING  
TO  
THRIVE!!**



### CREATE A SENSE OF PHYSICAL AND EMOTIONAL SAFETY:

Provide a safe and supportive environment by having predictable routines, offering opportunities for choice and sense of control, having clear and consistent expectations, and providing praise for positive behaviors.

### ENCOURAGE EMOTIONAL REGULATION:

Teach and provide opportunities to practice self-regulation skills. This includes being able to identify their feelings, manage their emotions, and use strategies to calm themselves. It is also important for caregivers to model their own self regulation in response to stress.

### STRENGTHEN RELATIONSHIPS:

Provide opportunities for family fun time and connecting with others. During a time of social distancing, supportive and trusting relationships can be healing and counteract the impact of stress.

How do I validate my child's feelings and teach healthy coping skills?

How do I prioritize and practice regular self care?

What are ways I can reach out to others when I need help? Do I know how to find telemental health services?

Am I creating opportunities for play and staying connected with others?

## ESSENTIAL QUESTIONS FOR PARENTS & GUARDIANS

How do I prevent and respond positively to challenging behaviors?

What are some signs that my child is struggling to cope?

## IMPORTANCE OF SELF-CARE

In order to promote resilience in your children, you need to stay physically and emotionally healthy yourself. Even more important during difficult times, you need to practice daily habits and activities that enhance your overall wellness and reduce stress. What nourishes each person will vary, but it is important to consider different areas, including physical, emotional, intellectual, and spiritual domains. Prioritize and model regular routines to take care of yourself.



## PARENTAL/ CAREGIVER WELLNESS CONTROL PANEL

### FOR SUPPORTING CHILDREN & ADOLESCENTS

[HELPING CHILDREN COPE WITH CHANGES COVID-19](#)

[REDUCE HOME SCHOOLING STRESS](#)

[ACTIVITIES & LEARNING FROM HOME RESOURCES](#)

[TALKING TO CHILDREN ABOUT COVID-19](#)

[COMMON REACTIONS & HOW TO RESPOND](#)

[CHILDREN COPING RESOURCES](#)

### FOR PARENTS & CAREGIVERS

[COVID-19 RESOURCES & TIPS FOR FAMILIES AND OTHERS](#)

[GUIDE TO HELPING FAMILIES COPE WITH COVID-19](#)

[HOW YOU & YOUR KIDS CAN DE-STRESS](#)

[TAKING CARE OF YOURSELF](#)

[SUPPORTING FAMILIES DURING COVID-19](#)

[COVID-19 RESOURCE & INFORMATION GUIDE](#)

### FOR FAMILY CRISIS

[RESOURCES FOR FAMILIES IN CRISIS](#)

[2020 VIRGINIA SUICIDE PREVENTION DIRECTORY](#)

[EMERGENCIES & DISASTERS: HELPING FAMILIES COPE](#)