

# Parenting During a Pandemic

## Click Each Title for Tips and Resources

### 1 Managing Fear and Anxiety

"Knowing how to handle our kids' worries (and our own) isn't easy. Below are a few simple ways of managing anxiety during any number of life disruptions"



### 2 Helping Children Cope

"Children react, in part, on what they see from the adults around them. When parents and caregivers deal with a disaster calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared"

### 3 At Home

"The following resources offer tips for families including age-appropriate responses to common questions, a guide to self-care, and activities for young children experiencing social distancing"



### 4 Activity Guide

"Play promotes healthy development, even when you're stuck at home"

### 5 Your Mental Health Matters

"Focus On You, Your Family, and Proper Expectations"

### 6 Play Games, Have Fun

"Need to tire out the kids so you can get some work done?  
We've got you covered"

