

HELPING FAMILIES COPE WITH STRESS

The outbreak of the coronavirus may be stressful for parents. Fear and anxiety about the pandemic and stress related to social distancing restrictions can cause strong emotions in children and adults. Children look to adults for guidance on how to react to stressful events.

Helpful Tips:

- Take care of yourself and get support.
 - Offer lots of love and affection.
- Give everyone space to share their fears.
 - Create routines, yet be flexible.
- Talk to your children about the pandemic: offer comfort, honesty, & reassurance.
 - Model and share how to manage your feelings.
 - Focus on the positive: find joy.
- Additional Support is available through helplines.

Resources:

- **Financial Help in Washington:**

<https://bit.ly/2Vqs9TC>

- **American Academy of Pediatrics:**

https://bit.ly/COVID_Talk

- **King County General Resources:**

https://bit.ly/KC_General

- **Call 211:**

Help with food, housing, bills, healthcare, crisis support, and other social services. Conversations are confidential and anonymous.

- **National Parent Helpline**

1-855-4A-PARENT (1-855-427-2736)

- **Washington State Dept. of Children, Youth, & Family:**

Email: dcyf.covid-19@dcyf.wa.gov

<https://bit.ly/34T5x2s>



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