

Calming Your Family



You can be a big comfort to worried kids. Some children might feel scared about coronavirus (COVID-19). Here's how to calm them if they are upset.



CARE: Help your child stay healthy by washing hands and getting enough sleep. Take time to deal with your own feelings.



COMMUNICATE: Be calm and comforting. Help kids to talk, write, or draw how they are feeling when they are ready.



CONNECT: Keep daily routines that reduce stress. Stay in touch with others on the phone, online or by writing letters.

SIGNS OF STRESS

- **Young children:** afraid to be alone, bed wetting, bad dreams, crankiness, temper tantrums
- **School-age children:** easily upset or angry, bad dreams, wanting to be near caregivers, trouble staying focused
- **Teens:** changes in sleep or eating, arguing with friends or family, wanting to be left alone
- **LGBTQ youth:** are often faced with feelings of anxiety, depression and poor health outcomes. Staying at home might cause LGBTQ youth to be lonelier than other youth.
- **Children with special needs or disabilities:** worry and anger from having less control over daily well-being
- **Adults:** changes in sleep or eating, worsening of health problems, drinking more alcohol or smoking more or using drugs, increased temper and anger

WHERE TO GET HELP

Nationwide

- Crisis Counselor text HOME to 741741
- National Domestic Violence Hotline: (800) 799-7233 and TTY (800) 787-3224
- National Suicide Prevention Hotline: (800) 273-TALK (8255)
- The Trevor Project's TrevorLifeline: (866) 488-7386 or text START to 678678

Delaware Valley

- DE Crisis Hotline: (800) 969-4357
- MD Crisis Hotline: (800) 422-0009
- PA Crisis Hotline: (877) 724-3258
- NJ Crisis Hotline: (877) 652-7624

Florida

- Florida Blue Emotional Support Line: (833) 848-1762
- FL Department of Health Call Center: (866) 779-6121

To find out more, visit [KidsHealth.org](https://www.kidshealth.org).

Nemours Children's Health System