



ALLIED WEBINAR HIGHLIGHTS

Children's Mental Health During COVID-19:

Look for the following signs:

- Sleeping / Eating Habits Change
- Anxiety & Stress
- Stomach Aches & Headaches
- Regression of Common Milestones
- Destructive Behaviors / Acting Out
- Worrying / Sadness
- Worsening of Preexisting Behaviors
- Fear of Contracting the Virus
- Fear of Family Members Contracting the Virus
- Grieving the Loss of Future Events i.e., trips, birthday parties, etc.
- Difficulty Adjusting to New Schedule
- Difficulty Adjusting to Virtual Learning
- Feelings of Social Isolation
- Increase in Suicidal Ideations and Self-Injurious Thoughts
- Greif of loss of Loved One

What is COVID-19?

COVID-19 stands for Coronavirus 2019, is a novel disease that is affecting adults and children across the nations. It was declared a Pandemic in March 2020. Corona means crown in Latin. The virus looks like a crown. It is believed to have originated in Wuhan, China. No-one knows why it effects some mildly and others more severe. It is believed that those with an underactive or overactive immune system can have more severe symptoms. For most children it can present like a common cold. But it is a novel disease with so many unknowns.



If your child is showing any of these signs, please contact the school social worker, Ms. Terrell at cterrell@hempsteadschools.org



Helpful Hints for Supporting Children's Emotional Health

- Encourage daily social interaction with peers via text or video chat.
- Go outside if possible, in backyard or go for a walk. Follow CDC guidelines.
- Create a routine and be consistent.
- Have open conversations with your children regarding COVID-19.
- Help them to focus on what they can control i.e., personal hygiene, social distancing, etc.
- Validate their feelings of fear, frustration, disappointment, etc.
- Reassure children that they are safe.
- Focus on the positive aspects of being quarantined, i.e., family time, etc.
- Engage in positive coping skills.
- Model good coping skills for your children.
- Parents it is important to take care of yourself. Reach out to your support system. Find ways to destress.

Maintaining Your Children's Physical Health During COVID-19:

- Contact pediatrician immediately if you have concerns.
- Keep up with your child's immunizations because many of the vaccines are to protect them from conditions that can be even more deadly than COVID-19.
- Participate in Telehealth and Telemedicine option. (Refer to your pediatrician for referral.)
- Some Pediatricians are offering Curb Side Care for concerns that cannot be address via Telehealth or Telemedicine options.

These are just a few highlights. Other topics were discussed such as Asthma Concerns / Treatments for children during COVID-19. They will be conducting the Webinar again next Tuesday from 8-9 P.M.

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