

"You're braver than you believe and stronger than you seem,
and smarter than you think." ~ Christopher Robin



CHAP Weekly Update

June 26, 2020

Helping Children and Parents Cope With the COVID-19 Pandemic

How to Talk To Children



Give information based on age and development:

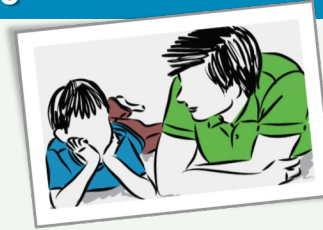
- ❖ **Preschool and early elementary** – Use simple words. Emphasize that adults are doing what they can to keep them safe and healthy.
- ❖ **Middle school children** – Give more information on staying safe; talk about what leaders are doing in the community, the state, and the country.
- ❖ **High school children** – Provide resources for information including WHO, CDC, AK State Health Department.

Behavioral Changes/Signs of Stress

New behavior that lasts 2 or more weeks may be a signal a child is anxious or worried.

- ❖ **Younger children:** New bed wetting, thumb sucking or loss of appetite
- ❖ **Older children:** New irritability, clinginess, withdrawing, nightmares
- ❖ **Adolescents:** Sleeping or eating disturbances, physical complaints, new or increased risky behavior.

Helping Children Cope



- Take time to talk to each child
- Help them give words to their feelings
- Maintain a routine: our brains associate predictability with safety
- Limit TV and social media, especially reports of bad outbreaks in other parts of the country
- Help children socialize through zoom, the phone, other virtual ways
- Provide positive outlets like finding ways to help other people

Staying Positive



- Set aside time each day for each child.
- Plan family activities like games, cooking, outdoor activities
- Celebrate daily the good things happening at home and in the world

Parent Self-Care



- Take time for yourself to recharge every day – even if only 5 minutes
- Aim for 7 hours of sleep, a balanced diet and daily exercise
- Connect with people who are good for you and support you
- Take time to breathe – learn a breathing technique to calm body
- Ask for help and offer help before things are out of control

THANK YOU

Many thanks to Lucia Grauman Neander for her presentation on Behavioral Health in Pediatrics and COVID-19.

Let us know what you think! aka-CHAPCOVID-19weeklyupdates@anthc.org
Send questions for presenters and each other, and suggest topics for discussion.

"When we long for life without difficulties, remind us that oaks grow strong in contrary winds and diamonds are made under pressure." – Peter Marshall



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Adverse Childhood Experiences and COVID-19

- Memories are like spider webs: they are interconnected and a new experience can trigger an old memory, both good and bad.
- If a child has a previous bad experience around death or illness, COVID-19 information can activate the brain and signal danger.
- Helping kids talk about COVID-19 is an opportunity to help the brain learn that not all scary or hard times lead to bad outcomes.
- Positive experiences can reprogram the brain and lead to healing.



Resources

[The Story of the Oyster and the Butterfly](#) is a book for young children that includes explanation of COVID-19 and coping techniques. It is available free online. It is also available, [read aloud, on YouTube](#).

CHAP Continuing Education >> COVID Related CE Courses

- **Week 10 Resources:** June 24th video presentation, parent resource for COVID, and the story for kids, linked above.
- **Week 9 Video Resource:** June 17th video presentation: Stress Prevention and Stress Reduction – breathing techniques and stress reduction techniques.
- ❖ More Questions for Dr. Lucia? lgraumanneander@anthc.org

CHAP on Facebook



Community Health Aide/Practitioner Facebook page:
<https://www.facebook.com/groups/AlaskaCommunityHealthAidesPractitioners>

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The Stress Balance

Actively seek to counteract stressful inputs with positive ones.

Positive inputs

(good news, fun activities, helping others)



Stressful inputs

(news, bad family news, people talking only about scary stuff)

Continuing Education



Check out all of the CE options available at AKCHAP.org

CE Courses

- ❖ Emergencies in Pregnancy
- ❖ Respiratory Problems
- ❖ Clinical Breast Exam and Hormone Medicines
- ❖ Serious Injuries, Stroke, Seizure Awareness and Medicines
- ❖ Newborn
- ❖ Emergency Preparedness

Save the Date

Next Session: July 1 at 12:10; Matt Hirschfield will talk about COVID-19 in Kids.



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