

Talking to Your Children

Dear Parents and Guardians,

The health (mental and physical) and safety of our students, families, and staff is as important as your student's education.

As reported, the Covid-19 virus is now present in Fayette County. We are aware of the stress and anxiety that this may have on you and your child. As adults, we sometimes underestimate how much our children internalize what they are hearing. We have included several parent resources to help families discuss this topic. By discussing the current situation with your child it may help to calm their fears and worries and help them to process the information they are hearing on the news and online.

Some helpful tips include:

- Keep a routine. Trying to get them back into a routine, getting up, washed, breakfast and ready for school/online, etc. Having a routine will help them feel "normal".
- Get outside. Try to make this part of their daily routine if possible. Remember to practice social distancing.
- Turn off the news, social media, etc.
- Make age appropriate decisions and be honest. Many of the resources provided indicate what to share at what age level.
- Listen to your child, They may not have questions today, but may want to talk tomorrow or in a week. Your child may need extra reinforcement that they are safe and loved. Extra time doing things together and extra hugs are good reinforcers for children of all ages.
- Practice mindfulness. When things get stressed, take deep breaths and teach your children to do this exercise.
- Give your child specific things they can do to feel in control. For example, washing hands, getting a good night's sleep, eating healthy.

If you feel your child continues to show signs of anxiety after discussing it with them, please contact the school counselor, your child's pediatrician or primary care physician, or outside counseling services.

Please be sure to remember the importance of safety recommendations by health and wellness experts including social distancing, covering your cough and sneezes, washing your hands often with soap and water, and avoiding contact with people who are sick.

PARENT RESOURCES

A Parent Resource from the National Association of School Psychologists

([https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource))

Coronavirus from the American Academy of Pediatrics

(<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>)

How to Talk to Your Kids About Coronavirus from PBS Kids

(<https://www.pbs.org/parents/thrive/how-to-your-kids-about-coronavirus>)

Helping Your Child to Manage Anxiety

(<https://docs.google.com/document/d/1wATvBIW8CX5z6N5sFPYxZiqmGbyGBRMqLC9oYQ2ntKA/edit>)

National Child Traumatic Stress Network

PARENT/CAREGIVER GUIDE TO HELPING FAMILIES COPE WITH THE CORONAVIRUS DISEASE 2019

https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019?utm_source=ebulletin&utm_medium=email&utm_campaign=nctsn-ebulletin

American Psychological Association

Five Ways to View Coverage of the Coronavirus

(<https://www.apa.org/help-enter/pandemics>)

Healthline

Talking to kids about the coronavirus

(<https://www.healthline.com/health-news/how-to-talk-to-kids-about-the-coronavirus>)

Adagio Health

Talking to kids about the coronavirus

www.adagiohealth.org

PBS Kids

Arthur's resources for talking to children about upsetting events

(<https://pbskids.org/arthur/health/resilience/>)

Scholastic News

Talking to your kids about scary news

(<https://www.scholastic.com/parents/books-and-reading/raise-a-reader-blog/3-tips-talking-to-your-kids-about-scary-news.html>)

If your child or family member is having a crisis:

How do I know if my child is having a crisis or a mental health emergency?

There are times when a parent needs help quickly – when children can't calm down, are uncontrollable or may be in sudden danger of hurting themselves or others.

A crisis situation exists any time that your child is no longer safe to himself or others or when there is a need for immediate action or intervention. It is usually a time when all of your energies are being demanded in order to care for your child. From ACMH - Association for Children's Mental Health : <http://www.acmh-mi.org/get-information/childrens-mental-health-101/expect-child-crisis/mental-health-crisis-expect-one-occurs/>

24 Hour Crisis Hotline (Local)

(724) 437-1003

Chestnut Ridge Counseling Services in Uniontown is open. They are seeing clients in the office but also have a new tele-health service online for those who do not want to go into the office for an appointment with a counselor. See Chestnut Ridge Counseling Information below or call (724) 437-0729 to make an appointment.



CHESTNUT RIDGE
COUNSELING SERVICES, INC.
100 New Salem Road, Uniontown, 15401

Ⓐ Open Access
Mental Health Urgent Care

Immediate access to a mental health professional. **NO** appointment necessary.

Please call (724) 437 - 0729 to learn more about this new, convenient, and safe opportunity to get help.

- ✓ SAME DAY Assessments
- ✓ Initial comprehensive screening and exam
- ✓ Immediate Tele- health video assessments also available

For questions or inquiries, call us at (724) 437 - 0729
www.crcsi.org

As of April 1 at 6 p.m. a new resource became available to the citizens of PA. A **24/7 mental health and crisis support line** for people dealing with anxiety or other difficult emotions became available. Callers will be able to speak with staff who are trained in trauma-informed principles and will listen, assess the person's needs, triage, and refer to other local supports and professionals as needed.

The Mental Health Support Line can be reached toll-free, 24/7 at 1-855-284-2494 from anywhere in PA.

If you or your child prefers to talk to someone by texting:

CRISIS TEXT LINE |

Text PA to 741741
Free, 24/7, Confidential

National Hotline:



***If it is not an emergency and you are seeking regular appointments with a local counselor who works in our community, you may also use the phone number on the back of your insurance card to give recommendations that are covered in your network.