

## HOW TO HELP YOUR LITTLE DEAL WITH THE IMPACT OF COVID-19

### KNOW THE FACTS - THE PANDEMIC LEAD TO MANY CHANGES IN THE LIFE OF AN ADOLESCENT INCLUDING:

- Change in routine
- Changed learning environment
- Missed significant life events
- Loss of security and safety
- Change in social life
- A significant increase in anxiety, depression, suicide, and drug overdose

[CLICK HERE FOR CDC COVID-19 Parental Resources Kit – Adolescence](#)

What you can do to help?

- **Help them create and stick to a schedule.** Regular routines can be reassuring. Create a meeting time for virtual zoom sessions with your Little and stick to it. Set a time that you will both get outside or get active inside each week.
- **Listen to their concerns and disappointments.** Do not minimize what they are upset about, even if it seems minor to you or in comparison with everything else that's currently going on. It is important to understand their experience and validate their emotions.
- **Maintain a semblance of normalcy.** Learn what your Little enjoyed doing before the pandemic and find a way to recreate that activity in a COVID safe way. Example: If your Little enjoyed going out to get pizza every other Friday night, do a virtual cooking class with your Little and make your own pizzas.
- **Encourage them to stay connected to friends digitally.** While it's not the same, conversations over FaceTime and other video chat platforms can help with feelings of isolation.
- Get them involved in some **virtual activities.** [CLICK HERE FOR VIRTUAL ACTIVITY IDEAS](#)

HELPFUL RESOURCES:

Finding The Right Words To Use When Talking To Kids And Adolescents  
About The Pandemic

[https://www.cstsonline.org/assets/media/documents/CSTS\\_FS\\_Finding\\_Right\\_Words\\_Talk\\_Children\\_Teens\\_Coronavirus.pdf](https://www.cstsonline.org/assets/media/documents/CSTS_FS_Finding_Right_Words_Talk_Children_Teens_Coronavirus.pdf)

Supporting Children and Adolescents Through COVID-19 Related Loss

<https://www1.nyc.gov/assets/doh/downloads/pdf/imm/covid-19-supporting-children-grief-loss.pdf>