5 Ways to recognize signs of stress in your child during COVID-19 self-quarantine.

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

Not all children and teens respond to stress in the same way. Some common changes to watch for include:

1. **Physical signs**
   - Tummy aches
   - Headaches
   - Excessive energy or exhaustion

2. **Emotional signs**
   - Excessive crying
   - Excessive irritation
   - Excessive worry
   - Excessive sadness
   - Unwillingness to detach from adults

3. **Changes in patterns or habits**
   - Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
   - A change in sleeping habits/patterns
   - Avoidance of activities enjoyed in the past

4. **Mental signs**
   - Difficulty with attention
   - Difficulty with concentration
   - Difficulty with memory

5. **Generalizing**

Stress during an infectious disease outbreak can also include fear about one’s own health and wellbeing as well as the health and wellbeing of loved ones. Jumping Conclusions, and making assumptions about friends and loved ones. Additionally children with chronic health problems may see a worsening of those problems.