Ways to keep your child safe during COVID-19 self-quarantine.

1. Have a conversation
   Older students need to understand basic prevention. Other helpful ideas are:
   - Remain calm
   - Make yourself available
   - Avoid excessive blaming
   - Monitor TV/social media
   - Be honest and accurate

2. Talk about feelings
   Feelings are important and talking about feelings can make teens and young adults feel better!
   - Conversations about feelings can be difficult.
   - Here are some resources: [Link](https://www.goodtherapy.org/blog/how-to-help-teens-manage-their-emotions-and-accept-their-feelings-0705175)

3. Discover what your kids are feeling
   Acknowledging how you feel, and why you feel that way is a healthy way to manage stress!
   - Validation of feelings is important step in coping and developing resilience: [Link](https://www.kqed.org/mindshift/47616/emotional-agility-as-a-tool-to-help-teens-manage-their-feelings)

4. Process Feelings
   Process feelings through an activity.
   - Processing all of this can be difficult for some teens and young adults.
   - Positive ideas to help teens processing feelings can be found here: [Link](https://www.mhanational.org/helpful-vs-harmful-ways-manage-emotions)

5. Circle Back
   Don’t forget to circle back often with reminders, prevention, checking in on emotional wellbeing, conversation and activities to help process feelings and retain a sense of security.