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3-5: Keep calm ~ Recognize ~ Respond

Ways to recognize 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

- Unhealthy eating or sleeping habits
- Avoiding academics
- Unexplained headaches or body pain



2 Emotional signs

- Unexplained crying, irritation or mood swings
- Excessive worry or sadness
- Unwillingness to detach from adults



3 Changes in patterns or habits

- Avoidance of activities enjoyed in the past
- Withdrawal from friends
- Lack of interest in areas of prior interest



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Mental signs

- Difficulty with attention
- Difficulty with concentration
- Difficulty with memory



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Generalizing

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

