



FAMILIES TACKLING TOUGH TIMES TOGETHER



FAMILY
CHILDREN

Our Family Will Get Through This! Making Meaning of Adversity

During these difficult times, some children may be excited to spend more time with family, while others may be confused or frustrated about changes being made to their daily routine. With the right information, children can better understand and reflect on the changing world around them. Information helps our children accept the things that are different from what they've known.

Reflecting With Your Child

Talking to our children about difficult subjects can sometimes be hard. Knowing what to say and answering questions is important in helping our children make sense of what is going on around them. Without information and reflection, children may come up with their own reasons about why things happen in the world. Supporting our children by talking with them in a child-friendly way is important to their long-term growth. Reflection can also be helpful as children take what they've learned and begin to make sense of it all.

Meaning Making Activity

You can support your child as they make meaning of the pandemic by reading an online story together. Some age-appropriate online books for young children include the following:

- [Coronavirus Social Story](#)
- [COVIBOOK – A Book About Coronavirus for Children](#), this book is offered in [several different languages](#).

Reflection Activity:

Most children may be more comfortable in expressing themselves through stories, play, or art. Activities that include one of these elements are helpful to your child as they can reduce or help them to understand their feelings of stress, anxiety, and depression. Making an art piece is a good way to reflect on difficult times together.

- Talk with your child about what makes them strong during this difficult time of COVID-19. Help with ideas, if necessary. Examples: my family, my favorite book, my pet. Encourage your child to write their thoughts on a piece of paper or invite them to dictate their thoughts as you write them.
- You may wish to place the written thoughts in a frame. Encourage your child to use the thoughts as a reminder of how to better think about things that are hard.

To learn more about the science behind the importance of talking to children about illness and difficult topics and reflecting, you may wish to read the below research:

- [Talking to Children About Illness](#)
- [Talking to Children About Illness and Death of a Loved One During the COVID-19 Pandemic](#)



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College of Health and Human Sciences

Welcome to Families Tackling Tough Times Together!

We hope you find the enclosed ideas and suggestions helpful as you care for your family during the pandemic. We know the pandemic is a very big challenge. How families cope can affect both parents and children for a long time.

We are scientists, educators, and students from Purdue University, and we are here to help! For nine weeks this fall, we will provide weekly collections of ideas for families to use to build on their strengths.

These tools are free, flexible, and informed by science. They are designed for families of all types, with tailored suggestions for children, youth, young adults and older adults, and suitable for both civilian and military families. We hope that your family will try one activity each week!

Would you like to earn financial rewards?

We especially welcome families living in the continental US who are interested in trying out project materials and telling us about their experiences. These families can earn financial rewards by sharing about one hour of their time over the next two months. Sign up now at the link below!

https://purdue.ca1.qualtrics.com/jfe/form/SV_3vK1BJq2EiUksAJ

For more information

- Join the Families Together Facebook group: <https://www.facebook.com/groups/HHSFamiliesTogether/>
- Visit the project website: <https://www.hhs.purdue.edu/families-together/>