



FAMILIES TACKLING TOUGH TIMES TOGETHER



FAMILY

CHILDREN

We Take Action! Mobilizing Social & Economic Resources

As we do, children may also experience concerns about the challenges taking place in their lives. Changes in our children's lives are an important opportunity to talk about what to expect. It's important to share with children that it's okay to ask for help, and then give them the tools to do it. Most importantly, we must listen when our children share concerns about the changes.

Empowering Your Child to Cope with Change

Many children have been worried about changes in their lives due to the pandemic. We may not be aware that our children worry just like we do. They worry about changes in routines, being away from their parents or family, and what they'll have for lunch, to name a few. Helping children to cope with their worries and ask others for help is important. We should encourage our children to ask questions or share concerns about new things, changes in their lives, and/or what is concerning them. A child who knows more about changes and can better understand them, is better able to adjust and become more resilient.

Resources for Dealing with Change

- To ease your child's worries, it's helpful to talk to them about why changes are happening and how you will deal with them as a family. It is also important to encourage your child to ask for help when they are worried or scared. [ZERO TO THREE offers some helpful tips on how to help your child navigate new changes and transitions.](#)
- Wearing a face mask may or may not be something new for your child. Some children may find it exciting to wear a face mask while others may find it scary. As with anything new, talk with your child about why they may need to wear a face mask. You may wish to share things that are similar to the new experience, such as wearing a seat belt to keep safe in the car. Consider modeling a face mask and discussing how to wear it and when it should be worn. [ZERO TO THREE offers advice on how to talk to your child about wearing face masks.](#) To help children understand the importance of mask-wearing and how to properly wear one, you may wish to watch the read-aloud YouTube video [A Little Spot Wears a Mask](#). You may also wish to discuss with your child how they can sometimes tell how someone who is wearing a mask is feeling by looking at the person's eyes and body language.

To learn more about the science behind the importance of teaching children to cope with change, you may wish to read the research and information referenced below:

- [Helping Children Cope With Changes Resulting From COVID-19](#)
- [New research identifies best coping strategies for kids](#)