

# How to Support Our Kids During the COVID-19 Pandemic

Parenting in a pandemic is hard work. Children, like adults, need extra support during times of high stress. Creating predictable routines and giving age-appropriate chores can help kids feel more settled. We can also help our children find small things to be thankful for every day. In addition, these simple steps from Donna Jackson Nakazawa, author of *Childhood Disrupted* and *The Angel and The Assassin*, can help us support children during this time.



## Hunt for the Good

When there's pain or trauma, we look for danger. We can practice looking for joy and good stuff, too.



## Move and Play

Drum. Stretch. Throw a ball. Dance. Move inside or outside for fun and to ease stress.



## Give 20-Second Hugs

There's a reason we hug when things are hard. Safe touch is healing. Longer hugs are most helpful.



## Slow Down or Stop

Rest. Take breaks. Take a walk or a few moments to reset or relax.



## Nurture & Protect Kids as Much as Possible

Be a source of safety and support.



## Say, "Sorry"

We all lose our patience and make mistakes. Acknowledge it, apologize, and repair relationships. It's up to us to show kids we're responsible for our moods and mistakes.



## Make Eye Contact

Look at kids (babies, too). It says, "I see you. I value you. You matter. You're not alone."



## Help Kids to Express Mad, Sad or Hard Feelings

Hard stuff happens. But helping kids find ways to share, talk, and process helps. Our kids learn from us.



## Be There for Kids

It's hard to see our kids in pain. We can feel helpless. Simply being present with our kids is doing something. It shows them we are in their corner.

## Hotlines and/or Resources

**Childhelp National Child Abuse Hotline**  
1-800-4-A-CHILD (24/7)

**Domestic Violence Hotline**  
1-800-799-7233 (24/7)

**Friendship Line for Adults 60+ or with Disabilities**  
1-888-670-1360 (24/7)

**RAINN National Sexual Assault Hotline**  
1-800-656-HOPE (24/7)

**Suicide Prevention Lifeline**  
1-800-273-8255 or text 838255 (24/7)

**Trevor Project (LGBTQ youth)**  
Call 1-866-488-7386 or text START to 678678 (24/7)

**More Hotlines:**  
<https://covid19.ca.gov/resources-for-emotional-support-and-well-being>