

CLARK SCHOOL

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Tips for Helping Children Cope During Times of Stress

- Monitor your own level of anxiety. Children take our lead and pick up on our feelings and our own level of stress, stay as calm and confident as possible especially in their presence.
- Limit young children's exposure to media coverage and to overhearing adult conversations about the news or your own worries.
- Maintain routine and structure as much as possible as this can be reassuring during times of stress. ie. Bedtime routines, mealtimes, exercise.
- Reassure your child and help them find ways of coping, such as talking about what steps are being taken to ensure their safety.
- Give plenty of hugs and attention even when your child isn't showing signs of distress.
- Encourage your child to talk about their feelings and assure them that you and all the adults are doing everything they can to keep them safe. Drawing can be a good outlet for children to express their feelings.
- Young children sometimes show signs that they need to talk in subtle ways such as hovering around while you are doing other activities, take these opportunities to ask questions about how they are feeling or if they have any questions.
- Don't be afraid to admit that you don't have all the answers. It's ok to say that you don't know.
- Answer questions honestly at a level that they can understand and that is developmentally appropriate.
- The following links provide more detailed information about how to help children cope and how to best talk with children.
 - [Coronavirus Disease 2019 \(COVID-19\)](#)
 - [Upworthy.com](#)
 - [National Association of School Psychologists – Talking to Children About COVID-19](#)

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