

Supporting Children and Teens During the COVID 19 Pandemic

During this pandemic and period of understandable anxiety, Pediatricians have to provide support for the parents of their children. Children and teens are extremely vulnerable at this time and are not spared of the stress and anxiety brought about by the situation. Parents should be guided on how to talk to their children and teens about COVID 19 in words that are appropriate to their age. They should also know how to support their psychological and developmental needs while in quarantine. There are many published resources that can help parents during the COVID 19 pandemic. The following are helpful resources that parents can use.

Part I: Explaining COVID 19 to Children and Teens

The children and teens hear about the coronavirus from various sources. It is important that they get reliable information. Parents are the best source of information. They should use language that the child can understand. It should also focus on providing comfort for children and teens. Here are useful resources on how to talk to your children about the coronavirus and how to provide psychological support:

A. Coronavirus (COVID 19): How to talk to your child

<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>

This article talks about the approach that parents can take to discuss the coronavirus, offer comfort and help kids feel in control.

B. Coronavirus: What Kids Can Do

<https://kidshealth.org/en/kids/coronavirus-kids.html>

This article talks about children's common issues on how to protect themselves and if their family members get sick.

C. Talking to Kids About the Coronavirus

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

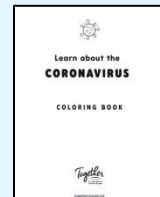
This article discusses how parents can help with children's fears and anxiety including their own.

The language used for children is usually different from the teens. Here are very creative and simple resources that help discuss COVID 19 to children:

D. St. Jude Children's Research Hospital has two good resources for children about COVID 19 published in their Together website:

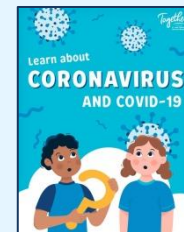
1. Coronavirus for kids coloring book:

<https://together.stjude.org/content/dam/together/en-us/other/covid-19/coronavirus-for-kids-together.pdf>



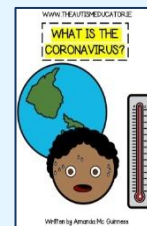
2. Coronavirus activity book:

<https://together.stjude.org/content/dam/together/en-us/other/covid-19/coronavirus-activity-book-together.pdf>



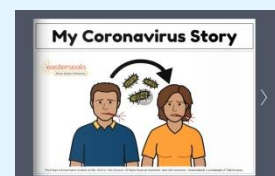
E. The Parents Place Maryland produced a simple booklet, "What is the Coronavirus"

<https://www.ppm.org/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>



F. Coronavirus Social Story produced by Illinois Autism Partnership

<https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html>



Part II: Parenting Support for Children and Teens During Home Quarantine

Parenting children and teens during home quarantine can be quite challenging. A common tip is to provide structure for the day's activities. Providing structure for children and teens prevents behavioral issues and also reduces stress. Here are various resources that provide discipline tips, play and activities to support their development and school needs.

A. Parenting in the Time of COVID-19

Six parenting tips that were developed in collaboration with Parenting for Lifelong Health, World Health Organization (WHO), UNICEF, Global Partnership to End Violence Against Children, Internet of Good Things, and Centers for Disease Control and Prevention. These tip sheets discuss about discipline, providing structure, how to deal with bad behavior and stress and how to talk about COVID 19.

1. English Version

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>



2. Filipino Version

https://www.childprotectionnetwork.org/wp-content/uploads/2020/03/Filipino-Parenting_Tips_During_COVID-19.pdf



B. Helping Children Deal With Stress During the COVID 19 outbreak by World Vision

<https://www.worldvision.org.ph/blog-for-children/children-deal-with-stress-covid19/>

World Vision emphasizes the provision of a caring environment for children during the outbreak.

C. AAP Parent tips and resources for dealing with COVID 19 and its stresses

<https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/AAP-Offers-Parent-Tips-and-Resources-for-Dealing-With-Covid-19-and-Its-Stresses.aspx>

In this webpage, various articles are available including managing stress, managing children's media use, positive parenting, social distancing and working and learning from home.

D. Educational Resources for Children and Teens

1. Scholastic Learn at Home

<https://classroommagazines.scholastic.com/support/learnathome.html>

This website provides very useful activities from Pre-K to Grade 9.

2. Talking is Teaching <https://talkingisteaching.org/>

This website offers many activities for the young child.

3. PBS Kids

<https://pbskids.org/>

This website provides curriculum-based entertainment (videos and games) for children with positive role models and content.

4. All in One Homeschool

<https://allinonehomeschool.com/>

This website offers free online homeschool curriculum. This is a good resource for helping children catch up with subjects they are having difficulty in with the guidance of their parents.



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