

# PARENT RESOURCES

ELEMENTARY AND INTERMEDIATE SCHOOL

## COMMON REACTIONS

### Common Behaviors

- Guilt
- Traumatic play
- Discussing/retelling of the traumatic event repeatedly
- Sleep difficulties and nightmares
- Anger, aggressiveness, outbursts
- Sadness, crying
- Increased fears
- Separation anxiety; not wanting to be away from parents
- Excessive worry

### Thoughts and Feelings

- Difficulty concentrating
- Difficulty paying attention
- Difficulty recalling information
- Confusion
- Seeking reassurance that they are OK, and that friends and family members are OK

### How to respond:

**Remain calm and be reassuring.** Children will look to the adults in their lives to help them understand a crisis situation.

**Be available and a good listener.** Recognize the times children and adolescents are ready to discuss the situation, but don't force the conversation.

**Encourage healthy habits.** Emphasizing a healthy diet, regular exercise, sleep, and disease prevention such as washing hands and covering nose and mouth when coughing or sneezing.

**Be positive and teach gratitude.** Despite the uncertain and difficult times, encourage gratitude and show thanks for little acts of kindness.

For a complete list of COVID-19 Resources, visit: [www.nasponline.org](http://www.nasponline.org).

