



## Marlboro Alliance for the Prevention of Substance Abuse

We are a community that cares!  
We are here to try and help you during this pandemic.  
If you have particular questions or concerns please email  
[Drugalliance@marlboro-nj.gov](mailto:Drugalliance@marlboro-nj.gov)

Not surprisingly, stress and anxiety levels are high for many as we navigate these unprecedented times.

Children and teens may have a particularly hard time, like many of us, comprehending what's currently happening in the world. Fear, uncertainty, and anxiety are bound to be heightened during the outbreak of COVID-19. Not all children and teens react to stress in the same way. How a child responds to the news surrounding this pandemic depends on several factors, such as, age, comprehension abilities and developmental level of the child, prior history of trauma or serious illness of a loved one or self and other major life events such as parental divorce, death of loved ones or perhaps a major move.

Listed below are some common changes to watch for in your child as per the CDC:

- Excessive crying or irritation in younger children
- Returning to behaviors they have outgrown such as toileting accidents or bedwetting
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and "acting out" behaviors in teens
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco or other drugs

There are many things you can do to support your child

Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and about COVID-19 in a way that your child or teen can understand. You can get the latest public health information from CDC by visiting: <https://www.coronavirus.gov>

- Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. Due to schools being closed, create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members via phone, FaceTime, Skype or any way you can.

Remember, we are all in this together and we are here to help you. Here are some websites that we hope you find helpful:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

<https://www.dcd.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

<https://www.healthline.com/health-news/taking-care-of-your-mental-health-during-covid19-outbreak>

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)