



Is your
child
showing
signs of
stress
due to
COVID-19?

Help Your Child Cope with COVID-19 Related Stress

- Not all children and teens respond to stress in the same way. Watch for signs of stress or behavior changes like:
 - Excessive worry or sadness
 - Unhealthy eating habits
 - Unhealthy sleeping habits
 - Difficulty with attention and concentration
 - Irritability and “acting out” behaviors in teens
 - Unexplained headaches or body pain
- Ease your child’s stress related to COVID-19 by:
 - Answering questions about the virus
 - Talking about how to stay safe
 - Limiting exposure to news coverage, including social media
 - Being a role model
 - Spending time with your child doing meaningful activities



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IMPORTANT NOTE: Children and teens react in part to what they see from the adults around them. When parents deal with COVID-19 calmly and confidently, they can provide the best support for the children.