

Not all children and teens respond to stress in the same way. Some common changes to watch for include

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

There are many things you can do to support your child

- J Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and [share facts](#) about COVID-19 in a way that your child or teen can understand.
- J 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.
- J 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.
- J Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- J Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.