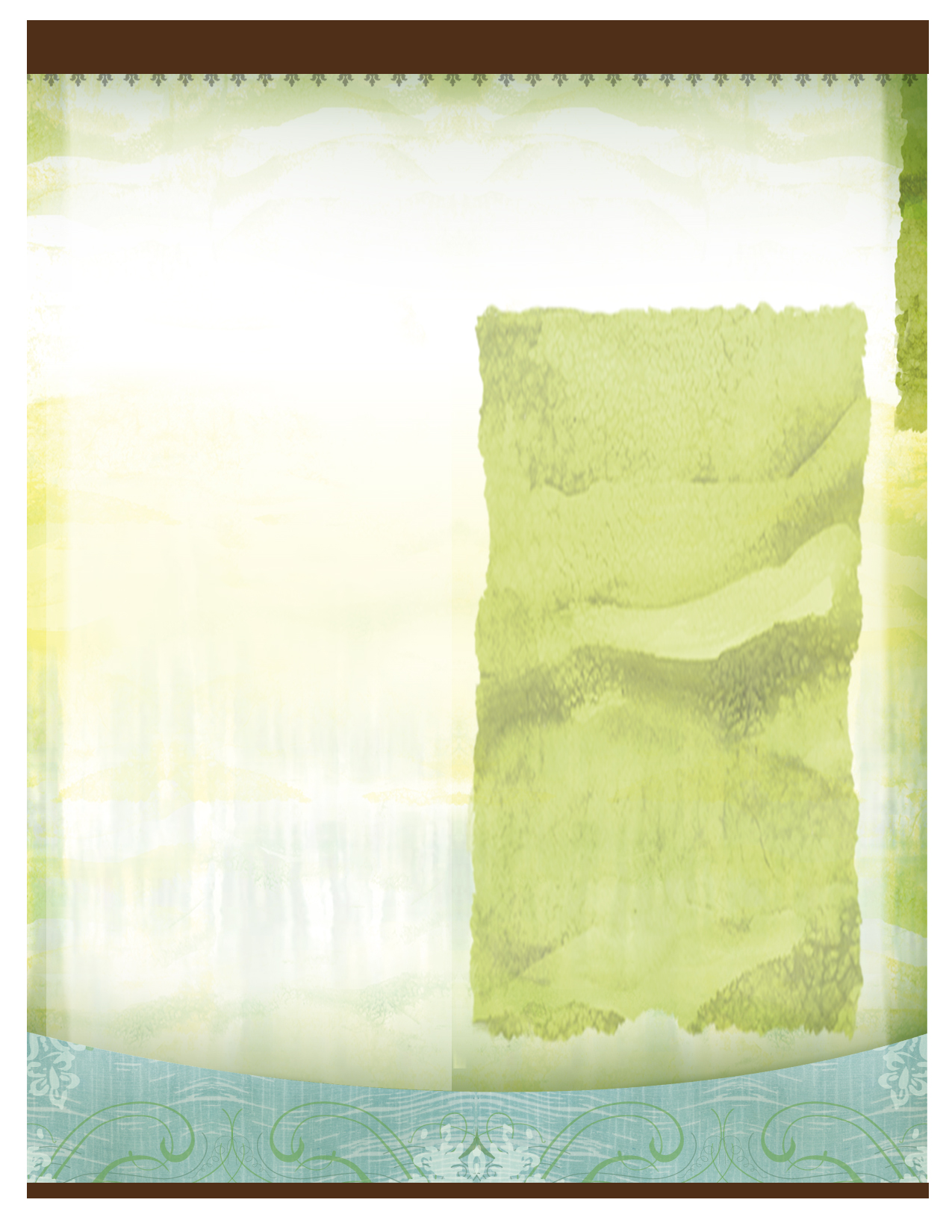
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JANUARY 2021

AbilitiesUnlimited LLC

**What Can Parents Say**

**Sit down with your child and give basic information about covid-19 using simple words and phrases. Talk to your child about how they feel about not being able to physically interact with friends and family members.**

**Your child may have their own questions about covid-19 and you should tell them the truth in a simple and caring way.**

**You can tell them that it is a virus like the flu. But it is not a passive flu. It is like “a really really bad flu”.**

**Let your child know that no one is at fault for causing the virus and that we all want the virus to go away.**

**Empower your child by telling them the things that they can do to stop the spread of the virus including washing hands, cleaning toys and games, and wearing a face mask.**

**Reassure your child that things will eventually get better.**

**In case of an Emergency**

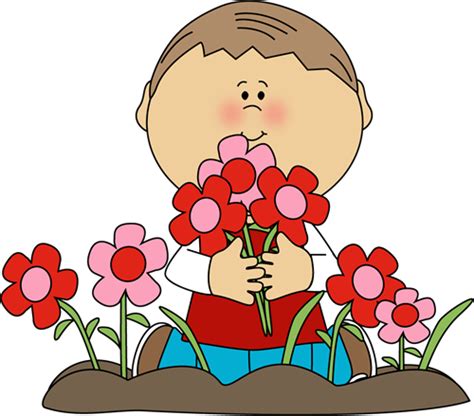
**Talk to your child’s doctor and if your child has a medical problem that may be related to covid-19. Ask your doctor to conduct the necessary medical tests for covid-19. Next, you will want to take your child to the emergency room.**

**If you do not have a pediatrician or medical doctor on your team then you can go directly to the emergency room. They will be able to conduct a thorough assessment including a covid-19 test if needed.**

**Covid Symptoms in Children**

*Coughing Difficulty Breathing Fever*

*Headaches Stomach discomfort Diarrhea*



Kids need to feel safe, secure, and loved when so many things around them are changing

Talking to your child about Covid-19 may be difficult. It is common to feel that talking about something that is a crisis may cause children to be worried and stressed out. Families may be going through financial hardship and have to cut back on food and electricity. Many children are attending school from their kitchen table. Parents may be working from home. This can make everyday life very demanding on the entire family. Children see that things have changed. Painfully, some children may have even lost family members to covid-19. So, let’s face it, your child knows that these are not normal times.

It is believed that children are less likely to experience harsh symptoms than adults, especially older adults. Children with covid-19 may experience vomiting, headaches, fever, stomach aches, and shortness of breath. These symptoms may be worse for children with a medical condition such as a genetic illness, prematurity, allergies, heart disease, kung disease, diabetes and obesity. Therefore, for many families with special needs there is an added worry.

It is important for children and their families to have a conversation and discuss some ways to deal with this stressful event. If your family has lost a loved one due to covid-19, your child may be afraid of losing other family or friends. Talking to a mental health professional can help.



***A Hopeful outlook Is best FOR CHILDREN***

Covid-19: Talk About It

Help Your Child to Relax During Uncertain Times

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Kids can do their part to stop the spread of Covid-19

*Written by Beverly Dabrio, MA, BCBA*