

COVID-19 (Coronavirus)

Supporting Kids and Teens during coronavirus

Be understanding

Acknowledge that you know it is frustrating to be away from school and friends.



Be calm...

...both in your words and actions.



Be consistent

Keep a regular schedule as often as possible



Be available

Be a good listener, and give them extra time to process their feelings.



It is okay to ask for help.

**If you or a loved one is having a crisis,
call 866-4-CRISIS**

Spread the Facts

coronavirus.wa.gov