

Hi I am Crystal Faria your EAP coordinator for Utica Rome and Herkimer and this is your Health Huddle Express. On this episode we are going to be talking about children who are entering our full third month since COVID 19 has entered our lives and the long term effects on children are currently unknown. But we as parents and caregivers can help minimize these traumatic events let me give you a few tips on how to do that.

Let's face it most of us know our kids have heard of COVID 19 they have gotten their information from a variety of media sources or other sources but most often that information is incorrect or incomplete so one way to help your child feel safer is to sit down with them and tell them about COVID 19 directly but with clear and age appropriate language

Second set aside time once or twice a week to check in with your child let them express any concerns or questions they might have about the ongoing COVID crisis this helps children to feel less powerless and also it provides you with an opportunity to validate those feelings they might be having

Third children are tuned into your reactions so it's important for you to model a healthy expression of your emotions

Four this is my favorite tip, just like you children need self-care so find time during the day to play a game or listen to some music or even encourage them to call a friend and I am not talking on the computer I am saying call a friend on a telephone like old school there is something much more intimate about a conversation and much more reassuring and less threatening when you don't have to see that person face to face

For more information and more tips on how to help your children through the COVID crisis go to [NCTSN.org](https://www.nctsn.org)

I am Crystal Faria this has been your healthy huddle express I'll see you next time