

FEAP ON THE FLY

Our Children's Emotional Needs May Change During Times of Uncertainty

April, 2020

Monica Maughlin LPC, CEAP



“Anything that’s human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we are not alone.”

- Fred Rogers

My Hero is You: How Kids Can Fight COVID-19 is a newly released, online children's book explaining the coronavirus, addressing safety, fears and empowering children in uncertain times. [My Hero is You: How Kids Can Fight COVID-19](#)

Be Even More Flexible in Supporting Your Child's Emotional Needs

- Your tone and overall emotional presence is your child's guidepost at all times and now even more so. Take the time to bring yourself into a calmer state before speaking with them or answering any of their questions.
- Expect regression as children will feel overwhelmed. Things that they handled easily on their own before they may need help with.
- Get down to their eye level when providing emotional and physical reassurance, and provide a lot of reassurance.
- Validate and reflect their feelings and experiences to comfort and soothe them before redirecting or addressing their behaviors.
- Come up with several predictable daily anchors that they can count on (e.g. outdoor time, bedtime routines, etc.).

www.uvafeap.com

434-243-2643