

*There is nothing normal about our “new normal,” but Holy Trinity Catholic High School is here to help our families and community navigate this journey.*

**Stay Positive:** Remember to keep calm. If you show anxiety or fear, your child will pick up on this and also feel nervous and afraid. Ask how your child is feeling and acknowledge and address their worries rather than ignore them.

**Stick to the facts:** It is important to have thoughtful conversations regarding the coronavirus to distill anxiety, worry or fear. Consider your child’s age, processing, and emotions to determine how to frame these conversations to ensure your child understands. It can also be comforting to be reminded that doctors around the world are looking for ways to address the coronavirus and highlight positive news as well.

**Consider Media Consumption:** When looking online, consider the source and fact-check to prevent fake news, and think before you share. Try to keep a healthy balance (both online and offline) in your daily routines and lifestyle.

**Eliminate stigma:** It is important to be aware of how the coronavirus is explained to your children to avoid any person/group being blamed. Also communicate that if someone has a fever or cough does not mean this person has the coronavirus.

**Boost Your Coping Strategies:** When anyone has change or uncertainty this can create some levels of worry or anxiety. It is important to use positive coping strategies to manage those emotions. As every person is different, so too are our coping strategies. Coping strategies can include: positive self-talk, singing, dancing, reading, drawing, music, Netflix/movies, create a gratitude list, meditation, yoga, coloring, exercise, cooking/baking, talking to a friend or family member, or doing other activities that are fun or give you joy and make you feel good.

*If you notice your child is still worried or anxious, be assured that this is a normal reaction, and continue conversations and providing care for your child. If you find that additional support is needed, please reach out to one of our counselors who can refer you to outside counseling or to schedule time with you or your child to make a plan on how to support them during this time. High school students are able to discuss the issue in a more in-depth (adult-like) fashion and can be referred directly to appropriate sources of COVID-19 facts. Provide honest, accurate, and factual information about the current status of COVID-19. Having such knowledge can help them feel a sense of control.*

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