

Healthy Kids News

St Joseph Catholic School Health Office

Your child's mental health during a pandemic

Covid 19 has changed our way of life drastically. The ongoing stress, anxiety, fear, grief and uncertainty can be overwhelming and may take an emotional toll on our children and teens.

Check with your children often and observe for signs of their struggling with coping emotionally.

*Get into the routine of having daily conversations
with your children about their feelings.*

*Talking about one's feelings can help a child cope better, and it can make it
easier for parents to detect when their children are struggling.*

Recognizing signs of stress in your child

Toddlers and young children:

- fussiness and irritability
- falling asleep and waking up more during the night
- separation anxiety, more clingy, withdrawn, hesitant to explore
- hitting, frustration, biting, more frequent intense tantrum
- bedwetting after potty trained
- conflict and aggression during play

Older children and adolescents

- changes in mood not typical for your child
- rage, irritability, hopelessness, frequent conflicts with friends and family
- a loss of interest in activities previously enjoyed.
- hard time falling and staying asleep
- changes in weight and eating patterns, such as eating all the time or never hungry.
- loss of interest in school work and drop in academic effort
- changes in appearance, such as lack of personal hygiene,
- increase in risky behavior
- thoughts about death or suicide, or talking about it

Note: These are only some signs which may be common in children, every child and teen displays signs of stress differently.

Talk with your child's pediatrician if you believe your child is struggling.

Other resources: National Suicide Prevention Hotline: 1-800-273-TALK or text Crisis
Text line by texting "TALKS" to 741741

Casas de los Niños: Informacion line (520)881-1292 Crisis line (520)-326-1365

All information acquired from: [healthychildren.org](https://www.healthychildren.org)

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Signs-your-Teen-May-Need-More-Support.aspx>