Supporting Your Child and Family During COVID-19

With a few simple steps, you can support your child and family during this challenging time.

5 Things to Do

- Keep routines as predictable as possible for your child.
- Share facts about COVID-19 that your child understands.
- Make time to listen to your child and encourage them to share their feelings.
- Make time for your family to play and relax.
- Reach out for support when you, or your child, need it.

3 Things to Know

It is natural for your child to experience all of what is listed below.

- Your child may experience a temporary change in behavior and mood.
- Your child may experience stress, worry, fear, sadness, and confusion.
- Your child may experience difficulty concentrating, sleeping, and eating.

Mental Health Resources

TEA.Texas.gov/MHR

Mental Health Support

(833) 986-1919

TEA.Texas.gov