



Marlboro Alliance for the Prevention of Substance Abuse

We are a community that cares!

We are here to try and help you during this pandemic.

If you need additional information please email the Alliance Office
Drugalliance@marlboro-nj.gov

It is a scary time for both kids and adults. It is okay and healthy to acknowledge that. We are hard at work trying to help you through this pandemic.

Though children are less likely to become ill, the effect the pandemic might have on their mental health and well-being is unknown.

It is a lot for a child to process and as adults it's also a lot for us to process. Our goal is to give you some tips to help your children during this time of change and uncertainty. We all know different children, different reactions. Younger children may be clingy and regress in certain behaviors and older children may experience mood swings and irritability. Experts say children pick up on the stress and anxiety felt by the adults around them. Here are some tips to help you help your children handle stress.

- Model calmness - yes, even if you have to fake it. Our children learn from us how to manage stress and solve problems. As parents/guardians you need to take care of yourself so you can take care of your children.
- When children ask questions be honest and answer to the best of your ability. For young children keep your responses short and to the point. Allow their questions to guide the conversation. Allow them to express their emotions. Most importantly reassure them that they are safe and protected.
- According to all the experts setting and sticking to a regular schedule is key. Consistency and structure are calming during times of stress. Children, especially younger ones or those who are anxious, benefit from knowing what's going to happen and when. Some may find it helpful to print out a daily schedule and review it as a family every morning. Try incorporating new and different activities into your daily routine. Family game time, puzzles and cooking are just a few ideas. If you do decide to take a family walk remember to practice "social distancing".

We all know that it's important for each of us to do our part to help "flatten the curve". Staying home leaves lots of down time. Activities that distract both you and your children can be very helpful.

Below are some links with 100's and 100's of things to fill your time and help distract both you and your children.

<https://parade.com/1009774/stephanieosmanski/things-to-d-with-kids-during-coronavirus-quarantine/>
<https://www.top5.com/things-to-do-while-stuck-inside-due-to-a-pandemic/>
<https://kansascity.momcollective.com/101-things-to-do-while-in-quarantine/>
<https://activeforlife.com/200-activities-you-can-do-with-kids-at-home/>

Let us know what you are doing... perhaps others might want to do it too!