

# How to Help Children & Families Stay CALM during Coronavirus (COVID-19)

PROMISE for Success: A Trauma-Informed Community Intervention Promoting **R**esilience and **O**utreach through **M**ulti-tiered **I**nterventions and **S**upportive **E**nvironments

## Communicate



C

- Ask what child knows about coronavirus and share simple, honest information
- Encourage sharing of feelings
- Respond to worries with validating, reassuring responses ("I understand your worry, we're doing everything to keep us safe")



A

## Active

- Keep daily structure (meal, schoolwork, play, bed times), post visually
- Engage in physical activities (games, dance)
- Think creatively about how to keep connections



L

## Learn

- Devote time for academic enrichment (school packets, distance learning)
- Notice signs of stress (changes in feelings, thoughts, behaviors)
- Identify essential resources (food distribution sites)



M

## Model

- Take time to care for yourself (emotional, physical, spiritual)
- Display words of encouragement (scripture, blessing, family saying)
- Practice positive coping skills (deep breathing, listening to music)

### Additional Resources

- For factual information about the coronavirus turn to trusted news sources like <https://www.michigan.gov/Coronavirus>
- For food, housing, bills or other essential assistance call 2-1-1 or visit <https://www.mi211.org/>
- For 24/7 crisis support call the Disaster Distress Helpline 1-800-985-5990 or text TalkWithUs to 66746
- For child trauma-informed information visit <https://www.nctsn.org/> or [https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)