

# Old Forge Guidance Department

3/17/2020

## **From the School Counseling Departments:**

Greetings,

We recognize the outbreak of COVID-19 and closure of school is stressful for our students and their families. The information below was compiled to assist you and your child during this time.

The recommendation of the American School Counselor Association (ASCA) is for parents/guardians and caregivers to:

1. Limit your child's exposure to the media
2. Provide a calming influence
3. Help your child address their fears

Below are helpful links to use as guidance when discussing COVID-19 with your children. Be mindful of any sudden changes in mood, behavior and/or eating habits.

## **Child Mind Institute:**

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

<https://childmind.org/article/como-hablar-con-los-ninos-sobre-el-coronavirus/>

**National Association of School Psychologists (NASP):** \*Information on NASP's webpage is in English and Spanish.

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

If you feel the COVID-19 outbreak is causing you or your child excessive feelings of anxiety, anger, sadness and/or fear, the National Alliance on Mental Illness (NAMI) created a crisis text line. Text NAMI to 741741.

We look forward to seeing you when we return. In the meantime, stay healthy and safe!