

# Stay healthy. Stay calm.

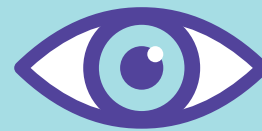
8 tips for managing your child's anxiety about COVID-19.



Create a routine.



Listen to your child and check in frequently.



Look for signs of anxiety.



Teach coping skills.



Focus on controllable tasks like washing hands.



Encourage positive thinking.



Stay connected.



Seek professional help if needed.

Get more tips and resources at [childrens.com/covid19](https://www.childrens.com/covid19)

children'shealth<sup>?</sup>