

Newsletter from the Nurse's desk

REMEMBER TO:

- Wash hands frequently
- Avoid touching face
- Wear masks in public
- Keep 6 feet away from others
- Maintain healthy eating habits

CHILD ABUSE DURING COVID-19 PANDEMIC

During this time of pandemic, abuse and neglect cases against children are suspected to have gone up. Since families are more isolated, many contributing factors that lead to such cases are heightened in this environment.

Majority of cases referred to the Department of Child Abuse and Family Services are by teachers, counselors, social workers, and day care providers. Because these workers are not seeing the children due to stay-at-home orders, cases involving children are suspected to have increased. The National Child Abuse Hotline is reporting 20% more calls and more than four times the number of texts compared to the same time last year.

It is important during this pandemic to check-in with your children and monitor their feelings and moods. It is just as important for individuals and for a family's wellbeing, to check in with friends, family and loved ones through means that respect social distancing guidelines. (Video calls, virtual games nights, etc.)

Because of the isolation, children are at high risk in regard to depression and anxiety and can be victims to abuse. It is important, especially during this time, to stay vigilant to your communities needs and problems. Anyone who suspects a child is being abused or neglected should contact ChildLine at 1-800-932-0313

KEEPING SPIRITS UP

Here are a few things you can do as a parent to calm your children's fear during the pandemic.

Answer questions about the pandemic simply and honestly – It's OK to say people are getting sick, but emphasize the ways they can avoid getting sick, such as washing hands and staying home.

Recognize your child's feelings – Calmly say things like, "I can see that you are upset you can't have your friends over." Guiding questions can help older kids work through issues. (How do you think you can stay in touch with them?)

Model how to manage feelings – Talk through how you manage your own feelings ("I am worried about how Grandma might be doing. But since we shouldn't leave the house, I think I should put in frequent reminders on my phone to call and video chat her")

WE ALL NEED HELP SOMETIMES

During COVID-19, your child or teen may be showing signs of stress that you haven't seen before. These behaviors may be a normal reaction to a stressful event, or your child may need some extra help. They may be:

- Moody or easily upset
- Sad
- Worried or fearful
- Not following the rules
- Sleeping too much or not enough
- Complaining of headaches or stomach aches
- Showing other behaviors that are new and have you worried



>WORRIED ABOUT YOUR CHILD? CALL YOUR CHILD'S DOCTOR TO HELP FIGURE OUT WHAT TO DO NEXT, NOT JUST FOR EMERGENCIES