

Essential Advice From Psychologists on Family Life during the COVID-19 Crisis

1. Fight the fears

- Check your own anxiety levels
- Share your concerns with someone you trust
- Find a regular calming practice (mindfulness meditation, silent prayer, etc.)

2. Listen to your children

- Allow kids to express their emotions and accept them
- Practice active listening
- Remember that little kids might act out feelings instead of verbalizing them
- Reassure them that their emotions are appropriate

3. Be flexible with yourself, your spouse/partner and children

- Remember that no one is doing this perfectly
- Allow your family to try, fail, and try again
- Focus on reinforcing positive actions
- Redirect other behaviors gently

4. Strengthen the bond with your spouse/partner or other supportive adults

- Don't do this alone
- Find strength in unity

5. Model self-care

- Express your feelings appropriately
- Plan stress-revealing activities (board games, exercise, etc.)
- Limit your exposure to the news and social media
- Maintain a sense of routine and continuity

6. Help kids become independent

- Let kids participate in helping the family function with age-appropriate chores
- Practice key community living skills (picking up toys, taking out trash, etc.)

7. Find purpose

- Find ways to feel productive outside of work and connected outside of social interactions
- Be proactive in scheduling value-based activities
 - Write cards to isolated people, prepare food for an older neighbor, etc.

8. Plan social connections

- Get creative with safe ways to connect with others
 - Roller-skating outside, virtual family reunion, etc.

9. Be collaborative with your kids

- Hold family meetings to create a sense of connection and teamwork
- Brainstorm activities, schedules and budgeting opportunities with the whole family

10. Have a schedule

- Make sure kids know what to expect with structure and routine
- Check how the schedule is working regularly
- Adjust the plan based on feedback and changing needs

Read the full blog at 1in5minds.org/blog. Call 210-582-6412 for Clarity Child Guidance Center's Crisis Services Department.