

H PEDIATRIC UNIT

Addressing Anxieties with Current Events

During this time of fear and uncertainty, it is important for parents to keep a sense of calm. It is also important to help your child feel safe, keep healthy routines, manage their behavior, and build resilience. Resilience is about more than bouncing back. It is about adapting, growing, and becoming stronger. It is also about being ready for the next challenge, but also being prepared to savor all the good that life has to offer. Here are a few parenting tips from the American Academy of Pediatrics to address some of the anxieties around the COVID-19 pandemic and cultural differences.

Answer questions about the pandemic simply and honestly.

Talk with children about any frightening news they hear. It is OK to say people are getting sick, but say following rules like hand washing and staying home will help your family stay healthy.

Structure the day.

With the usual routines thrown off, establish new daily schedules. Break up schoolwork when possible.

Take care of yourself.

Caregivers also should be sure to take care of themselves physically: eat healthy, exercise and get enough sleep. Find ways to decompress and take breaks.

If your child makes comments or asks you questions about race based on school incidents or something they read or watched:

Further the discussion with questions such as, "How do you feel about that?" and "Why do you think that?" This is also helpful if your child heard something insensitive or if your child experienced racial bias themselves. Before responding to his or her statement or question, figure out where it came from and what it means from his or her perspective. And you can report entirely anonymously. Their number is 1-800-800-5556. Additional resources are available at www.preventchildabuse.org. This is a great resource designed by the American Academy of Pediatrics specifically for parents.



Brittany Waggoner,
MSN, RN, AGCNS-BC
Clinical Nurse Specialist

Should a situation arise in which your child needs to be admitted to a hospital, remember Hendricks Regional Health is home to Hendricks County's only designated pediatric unit, specially designed to treat children. Our experienced staff is available 24/7 to care for all ages from birth to 18 years.