

# Helping Your Child Learn During and After COVID-19: Handling Increased Stress (For Both Children and Parents)

How we are feeling affects how we get along with others and our ability to learn, work and manage daily activities. Here are some strategies and resources for parents to support both themselves and their children through periods of increased stress:

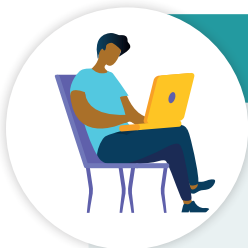


## Learn the signs of your child's level of stress

Changes in routine, such as school closures and being away from friends and family, can cause [increased stress](#). Your child may show signs of this through tantrums, excessive reactions to minor situations, changes in sleep patterns, regression (such as bathroom accidents) or withdrawal.

## Identify and talk about feelings

Let your child know that all feelings are okay. Talk about what to do when they are overwhelmed (such as taking breaks, asking for help, or looking at problems in different ways). Help your child manage their emotions by [talking about feelings](#), taking deep breaths, listening to music, participating in hobbies, exercising, eating healthy, getting enough sleep and/or staying connected with family and friends. Find time to laugh, talk about what you are grateful for, and play games your child enjoys.



## Plan ahead (as much as possible)

When juggling hybrid/remote learning with other responsibilities, be creative about supporting your child. Find moments that fit your schedule to read together and talk about what your child is learning. Older children may be able to do schoolwork on their own, but they still benefit from talking about what they are learning.

## Manage your own stress in healthy ways

If you react in a way you do not feel good about, offer an apology (“I’m sorry that I yelled earlier, I shouldn’t have done that.”). When calm, [share how you were feeling](#) (“I felt really frustrated when I asked if you finished your schoolwork. When you didn’t answer, I thought you were ignoring me.”). Let your child know what you plan to do differently next time, and ask what your child can do differently, too.



Remember that you are not alone, and help can be just a short phone call or text away. **Text HOME to 741741 to text with a counselor from Crisis Text Line, or call 1-800-985-5990, a U.S. Department of Health and Human Services disaster distress hotline that assists people affected by COVID-19.** Reach out to local families to support each other.