

# Helping Kids with Challenging Times!

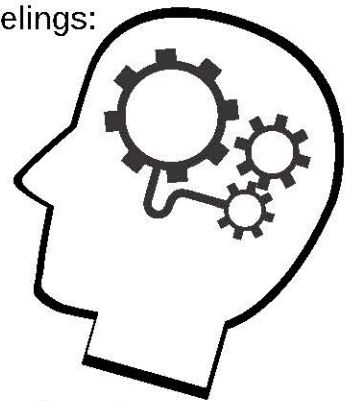
## Is Your Child Having Difficulty Coping?

Many students are experiencing feelings of anxiety and other stress related symptoms during these challenging times. Anxiety may present as fear or worry but can also make children irritable and angry. Here is what to look for in your child to help determine if they might also be experiencing these thoughts and feelings:

1. Trouble sleeping, as well as physical symptoms like fatigue, headaches, or stomachaches.
2. Irritability and anger which can result in emotional outbursts and sometimes isolation.

Many students are also experiencing feelings of sadness and depression. Here is what to look for in your child to help determine if they might be experiencing these thoughts and feelings:

1. Feeling sad, hopeless, or irritable a lot of the time
2. Loss of interest in preferred activities
3. Changes in eating and sleeping patterns
4. Having a hard time paying attention
5. Feeling worthless, useless, or guilty
6. Showing self-injury and self-destructive behavior



## If you are concerned about your child, where do you begin?

1. Talk with your child's teacher. What is the child's behavior like in school, daycare, or on the playground?
2. Talk with your child's pediatrician. Describe the behavior, and report what you have observed and learned from talking with others.

Remember you are **NOT** alone! Here are some resources available to parents, caregivers and families who are struggling with these issues:

[https://www.michigan.gov/documents/coronavirus/Talking\\_with\\_kids\\_about\\_COVID\\_FINAL\\_685791\\_7.pdf](https://www.michigan.gov/documents/coronavirus/Talking_with_kids_about_COVID_FINAL_685791_7.pdf)

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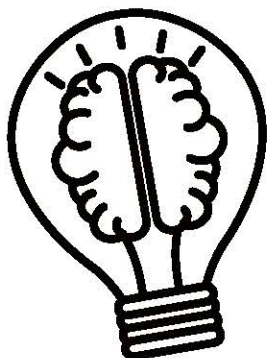
<https://www.cdc.gov/childrensmentalhealth/>

<https://www.nimh.nih.gov/health/publications/children-and-mental-health/index.shtml>

<https://www.nctsn.org/resources/supporting-children-during-coronavirus-covid19>

<https://www.nctsn.org/resources/helping-children-cope-with-the-COVID-19-pandemic>

<https://www.nctsn.org/resources/helping-children-with-traumatic-separation-or-traumatic-grief-related-to-covid-19>



## Contact Us:

Contact your school-based health or wellness center. We offer expert support by trained professionals to help children and youth with whatever challenges they may be facing at this time.

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