



Helping Children Cope With Stress

The COVID-19 pandemic is interrupting our daily lives and children are impacted by this. They are not in school and their daily routines have been disrupted. Many may hear or see things about the COVID-19 pandemic and be worried and have questions. Parents and caregivers have an important role to play in making sure their children have the support and care required for them during these difficult times.

To kick off the theme for the next two weeks we have provided to you a video produced by Anxiety Canada. You can access this video at any time via the link below.

- [Fight Flight Freeze – Anxiety Explained for Kids Video](#)

In addition to the video we also have the following resources available to you:

- [Helping Children Cope with Traumatic Events - HelpGuide.org](#)
- [How to talk to your child about coronavirus disease 2019 - UNICEF](#)
- [Helping Children Cope with Stress - World Health Organization](#)
- [Coronavirus Disease 2019 \(COVID-19\) Stress & Coping - CDC](#)
- [How to Talk to Children About COVID-19 - Workplace Options](#)

Providing children with a little guidance and extra nurturing can help reduce their stress levels during the pandemic. Children may wonder why they can't see their friends or why they have to wash their hands more frequently. Be supportive when listening to their concerns and questions. For more information on how to support your child, you can also speak to our EFAP provider, anytime and it's always confidential.

Access your EFAP 24/7 by phone, web or mobile app:

Canada:

- Call 1-877-847-4525
- Email support@resourcesforyourlife.com
- Visit <http://ca.resourcesforyourlife.com>
COMPANY CODE: BMWeCare
- Download the 'ICONNECT YOU' app from the App Store or Google Play
PASSCODE: 149301

United States:

- Call 1-800-466-8282
- Access Code 8282
- Visit www.AlternativesEAP.com
- Download the 'Alternative EAP' app from the App Store or Google Play