

# How to Emotionally Support Your Child

Your child may have questions about the school closure and the change in their daily routine. It is important to note that everyone, adults and children, reacts differently to situations. In an effort to support your child emotionally, please find information below on how to talk to your child and community based resources.

## **Talking to your child about the Coronavirus (COVID-19):**

### *Don't be afraid to discuss the coronavirus.*

- Most children will have already heard about the virus or seen people wearing face masks.
- Not talking about something can actually make kids worry more.
- Look at the conversation as an opportunity to convey the facts.
- The goal is to help your child feel informed and get fact-based information that is likely more reassuring than what they're hearing from their friends or on the news.

### *Be developmentally appropriate.*

- Don't volunteer too much information, as this may be overwhelming. Instead, try to answer your child's questions.
- Do your best to answer honestly and clearly. It's okay if you can't answer everything because being available to your child is what matters.

### *Take your cues from your child.*

- Invite your child to tell you anything they may have heard about the coronavirus, and how they feel.
- Give them ample opportunity to ask questions.
- You want to be prepared to answer (but not prompt) questions.

### *Be reassuring.*

- Children will need to be comforted if they worry that they will catch Coronavirus after hearing about it on the news.
- It's helpful to reassure your child about how rare the Coronavirus actually is (the flu is much more common) and that kids actually seem to have milder symptoms.

## **Community Based Resources for Emotional Well Being and Support:**

If your child exhibits or expresses feelings of being overwhelmed with emotions like sadness, depression, or anxiety and/or thoughts to harm self or others, please call or visit one of the facilities listed below.

- **Hampton-Newport News Community Services Board Urgent Care**  
600 Medical Drive, Hampton, VA 23666  
757-788-0635 or 757-788-0600
- **Riverside Behavioral Health Center**  
2244 Executive Drive, Hampton, VA 23666  
757-827-1001
- **Newport News Behavioral Health Center**  
17579 Warwick Blvd, Newport News, VA 23603  
757-888-0400

**Newport News Public Schools Resources for Emotional Well Being and Tele-Therapy Support:**

If you or your child need to contact one of the Student Support Specialist or Licensed Mental Health Clinicians for tele-therapy support, their contact information is listed below.

**Student Support Specialists**

Name	Work Site	Email Address	Phone Number
Linda Askew	Admin	<a href="mailto:linda.askew@nn.k12.va.us">linda.askew@nn.k12.va.us</a>	757-591-4658
Katina Davis	Woodside	<a href="mailto:katina.davis@nn.k12.va.us">katina.davis@nn.k12.va.us</a>	757-886-7530 ext. 61531
Katrina Hines	Denbigh	<a href="mailto:katrina.hines@nn.k12.va.us">katrina.hines@nn.k12.va.us</a>	757-886-7700 ext. 24539
Terri Keesee	Menchville	<a href="mailto:terri.keesee@nn.k12.va.us">terri.keesee@nn.k12.va.us</a>	757-886-7722 ext. 45564
Krystin McAdams	Warwick	<a href="mailto:krystin.mcadams@nn.k12.va.us">krystin.mcadams@nn.k12.va.us</a>	757-531-4700 ext. 58537
Celestal Powell	Heritage An Achievable Dream Middle & High Booker T. Washington	<a href="mailto:celestal.powell@nn.k12.va.us">celestal.powell@nn.k12.va.us</a>	757-928-6100 ext. 17538

**Licensed Mental Health Clinicians**

Name	Work Site	Email Address	Cell Phone Number
Linda Askew	Admin	<a href="mailto:linda.askew@nn.k12.va.us">linda.askew@nn.k12.va.us</a>	757-508-8326
David Carroll	Heritage Crittenden	<a href="mailto:david.carroll@nn.k12.va.us">david.carroll@nn.k12.va.us</a>	757-570-1931
Jamicia Davis	Menchville Warwick Gildersleeve Hines	<a href="mailto:jamicia.davis@nn.k12.va.us">jamicia.davis@nn.k12.va.us</a>	757-532-0720
Christina Thomas	Denbigh Woodside Dozier Passage	<a href="mailto:christina.thomas@nn.k12.va.us">christina.thomas@nn.k12.va.us</a>	757-869-1143

### **Apps/Websites for Mindfulness and Mental Health**

Here are a few apps and websites that can be used for Mindfulness and Mental Health.

Calm- <https://www.calm.com>

Headspace- <https://headspace.com>

Smiling Mind- <https://smilingmind.com.au>

Super Stretch Yoga- <https://adventuresofsuperstretch.com>