CHILDREN & STRESS
AND MENTAL HEALTH WARNING SIGNS

Many parents may be feeling overwhelmed about how COVID19 events affect their children. Children are feeling the same stresses as adults, however, when children are anxious and stressed, it often is displayed differently. Here are some signs to be aware of.

Behavior Regression
Children may display behaviors that you thought they had outgrown. Look for any unusual behaviors such as needing a special toy for comfort, bed-wetting, baby-talk, or other behaviors.

Eating and Sleeping
They will show either a sharp increase or sharp decrease in appetite. Your child may experience difficulties falling asleep, sleeping longer than usual or nightmares.

Acting Out
A telltale sign is acting out. Your child may start pushing boundaries, displaying aggression, not following directions, or arguing with family members.

For further support
National Association of School Psychologists resource guide to children coping with COVID19:
bit.ly/2wHlP1H

Stay updated with Ohio’s school closings and efforts in education: bit.ly/34KbRcv

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