

JILL A. PANTALEO, LCSW AND ASSOCIATES, LLC

B E R G E N C O U N T Y T H E R A P Y

68 Franklin Turnpike / Waldwick, New Jersey 07463

Tel:201.926.5550 / E-mail: info@BergenCountyTherapy.com

Web: www.BergenCountyTherapy.com

PARENTING THROUGH THE PANDEMIC:

10 THINGS FOR PARENTS TO WATCH FOR IN THEIR CHILDREN

1. Is your child showing any signs of anxiety (unusual fear, excessive worry, nervousness, panic, crying, screaming)?
2. Is your child showing any signs of possible depression (unusual sadness, irritability, anger, crying, dark moods, withdrawal)?
3. Is your child having a change in sleep (trouble falling or staying asleep, sleeping too much, nightmares)?
4. Is your child having a change in appetite (loss of appetite, significant increase in appetite, disinterest in eating)?
5. Is your child having physical complaints (headaches, stomachaches, fatigue, racing heart, feeling like they can't breathe)?
6. Is your child isolating themselves in their room, from family and friends?
7. Is your child suddenly not interested in the activities and things that they normally enjoy and participate in (sports, dance, music, cooking, art)?
8. Is your child struggling with school (noticeable drop in grades, lack of interest, refusal to get up or participate)?
9. Is your child expressing any thoughts, feelings or behaviors related to hurting themselves in any way (thoughts of suicide, cutting themselves, wishing they were dead)?
10. Is your child expressing "cries for help" that may be their attempt to signal anxiety or depression or other struggles (through dark music or art, making fleeting references, etc)?

