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## POWERING THROUGH THE PANDEMIC: 10 THINGS TO EMOTIONALLY SUPPORT YOUR CHILD

1. TALK, TALK, TALK...Take the lead and seek out your child and initiate conversations about how they are feeling, how they are doing... meet them on their terms ( where they want to speak, how long, etc).
2. Ask *open ended questions*: these are questions that are not answered by a yes or no answer. Example: ask “how did that make you feel?” rather than “did that make you angry?”).
3. Be an *active listener*: don’t interrupt or cut your child off when they are speaking, show that you are interested and listening by nodding your head, turning off your cell phone, and asking appropriate questions).
4. Validate their feelings, experiences and perspectives: believe them, don’t judge or scold them).
5. *Problem solve* with your teen rather than tell them what to do: make it an active, reciprocal experience.
6. Explore ideas with your children and teens for safe socialization: what are some of their ideas and how do they feel about safe socialization?
7. Talk about and discover ways to help your child *feel safe*: do they prefer to have their own towels? Do they want you to wear a mask when you cook?).
8. Limit exposure to news and time on social media that may be causing stress; remember, however, that for many children and teens, social media may be their only source of social contact now (be *flexible*).
9. Answer any questions they have and be *age appropriately* honest.
10. Make *family*, family time, and *some fun time* a priority in your home.