

Parenting in a Pandemic:  
Tips to Keep the Calm at Home  
(Reprinted/Edited from [healthychildren.org](http://healthychildren.org))

Because so many of us, adults and children, are at various stages of returning to work and/or school, this reprinted article from the American Academy of Pediatrics may benefit us all – even if we don't have children. A little tweak here and there, and many of these recommendations are reassuring for all of us – no matter what our age.

**Addressing fears-** Children rely on their parents for safety, both physical and emotional. Reassure your children that your family will get through this together.

**Answer questions simply & honestly -** Talk with children about any frightening news they hear. It is OK to say people are getting sick, but assure that following rules will help families stay healthy.

**Look forward -** Tell them that scientists are working hard to figure out how to help people who get ill, and that things will get better.

**Keep healthy routines -** During the pandemic, it is more important than ever to maintain bedtime and other routines. They create a sense of order in a very uncertain time. All children, including teens, benefit from routines that are predictable yet flexible enough to meet individual needs.

**A word about bedtimes -** Children often have more trouble with bedtime during any stressful period. Try to keep normal nighttime routines such as *Book, Brush, Bed* for younger children. Put a family picture by their bed for “extra love” until morning. Bedtimes can shift some for older children and teens, but it is a good idea to keep it in a reasonable range so the sleep-wake cycle isn't thrown off. Too little sleep makes it more challenging to learn and to deal with emotions. Remember to turn off cell phones and other mobile devices an hour before bedtime.