

The pandemic is exacerbating existing challenges for children and families

## Mental Health

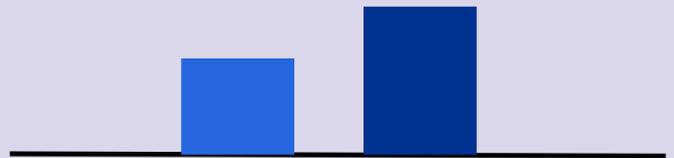
Before COVID-19, **1 in 6** children faced a mental health condition



Experts suggest that the impacts of pandemic will only worsen mental health for children

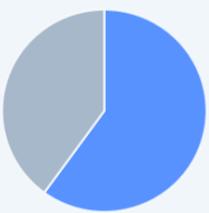
## Poverty

Researchers estimate that **poverty** rates for children could **increase by 53%** due to the COVID-19 pandemic



## Lack of Child Care

**13%** of U.S. parents had to quit a job or reduce working hours due to a lack of child care during the pandemic



**60%** of licensed childcare providers have already closed

## Education & The Digital Divide

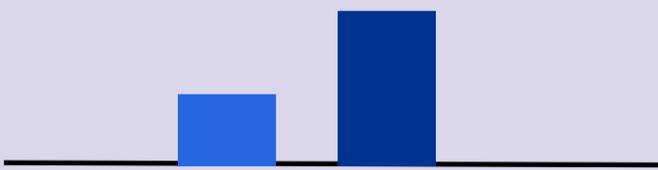
**1 in 3** public school students do not have adequate internet access or computing devices



The digital divide is most pronounced for **rural, Black, Latino, and Native American** students

## Food Insecurity

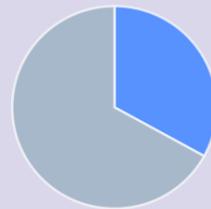
Before COVID-19, **14%** of households with children were experiencing food insecurity



This has increased to **30%** during the pandemic

## Housing Insecurity

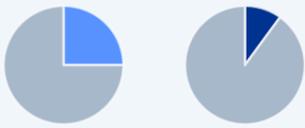
Families with children accounted for **33%** of the homeless population before COVID-19



COVID-19 & the associated mass unemployment will likely **increase** homelessness

## Intimate Partner Violence

Before the pandemic, **1 in 4 women & nearly 1 in 10 men** experienced domestic violence in their lifetime



Intimate partner violence is rising with **social distancing, quarantine, and economic stressors**

## Child Abuse & Neglect



Child advocacy centers have seen **40,000** fewer children during the pandemic

Children are vulnerable during the pandemic:

- Increased **stress** is often a predictor of **abuse**
- **School closures** mean children have fewer contacts with adults to identify **warning signs**

## Strategies for families & caregivers to help support children:



### Build a solid foundation for basic health needs

4 Pillars of Emotion Regulation:



Sleep hygiene



Nutrition



Physically active



Social supports



### Create a self-care plan

Identify and implement strategies to support the body, mind, spirit, relationships and work



### Address stress

Soothing the nervous system promotes health and positions caregivers to best support children



### Talk to children about the Coronavirus pandemic

Help children make sense of what they hear in a way that is honest, accurate, and minimizes anxiety or fear



### Moderate news & social media consumption

Take breaks from watching, reading, or listening to news about the pandemic, including on social media



### Consider mental health support & therapy

Cognitive Behavioral Therapy can provide children with strategies to manage anxiety and other stressors



### Teach children healthy coping strategies

Modeling and teaching children healthy coping strategies can help them become more resilient