



GRADE SCHOOL

AGES
6-12

Generally, children in all age groups benefit from a patient approach to parenting that includes an established daily routine, verbal and physical forms of reassurance, opportunity for movement and exercise throughout the day, brain engagement, and minimal exposure to media — especially news or programs that may be stress-inducing.

SYMPTOMS



HOW TO HELP



Aggressive, irritable, whiney

Patience, tolerance and reassurance. Reward positive behaviors often. Provide safe outlets for emotions via talking, art, and play.

Sleep disturbance — nightmares, wakeful, hard to fall asleep

Create a comforting and calming bedtime routine. Get plenty of sleep — 10 hours or more. Encourage at least 30 minutes of physical activity daily.

Expression of worry, fear or stress

Follow your child's lead. Encourage questions and sharing. Provide short answers. Help child focus on what they can control, e.g. hand washing, attitude, and fun activities versus what they cannot.

Change in appetite

Allow for a shift in hunger levels, keep meal times consistent, and offer a variety of healthy food options.

Withdrawal and loss of interest

Address any stigma or discrimination occurring, and clarify misinformation. Encourage play and conversation — set up online play with safe friends.

Forgetfulness and distracted behavior

Gently remind, follow routine, have conversations about what's on your child's mind.