



# AltaPointe Health

## *We're here for* **YOU**

#CaringIsOurCalling



As we all transition to a new normal, these uncertain times can be difficult for the entire family — especially **children and teens**.

Knowing what's normal behavior and what's not will help you provide a calm and comforting support system for your kids.

If you have any concerns about your child's behaviors, AltaPointe Health has a team of mental health professionals standing by to take your call 24 hours a day.

### Call Now *for Help*

## 251-450-2211



For more resources & information about AltaPointe Health's response to COVID-19, visit us online:

 **AltaPointe.org** 

### *What's* **Normal**

- Mood changes are typical when **children don't know how to express their feelings**. They may reveal their thoughts by crying, getting angry or withdrawing.
- Children easily become angered and frustrated, especially if they are tired or they cannot verbalize feelings. Temper tantrums are normal for very young children, and lashing out with angry words is typical for teens.
- It's normal for children to have fears. Research shows that most children report having several fears, and 90% of children ages 2-14 have at least one specific fear.
- It's difficult for children to focus on any one thing for long periods of time.

### *What's* **Not**

- Sadness and withdrawal for long times, including avoidance of activities previously enjoyed
- Excessive crying or irritation in younger children
- Excessive anger and acting out, like cursing, making threats, fighting or destroying property
- Returning to outgrown behaviors (bedwetting, sucking thumb, etc.)
- Intense worry or overwhelming fear that disrupts daily activities
- Unhealthy eating or sleeping
- Unexplained headaches and body pains
- Trouble sitting still or unusual hyperactivity
- Use of alcohol, tobacco, or other drugs
- Thoughts of harming self or others

### *Helpful* **Tips**

- Reassure your children and teens that they are safe 
- Listen to their worries & answer their questions and share facts in a way that they can understand
- Share your coping skills 
- Limit exposure to news and time on social media 
- Focus on the positives of current situations rather than negatives
- Create regular routines that include a balance of school work, play and relaxation 
- Eat a balanced diet, exercise and get outdoors 
- Give them extra time and attention 
- Self-care for YOU will help you care for them!
- If you feel overwhelmed, don't be afraid to seek help 