

The pandemic is exacerbating existing challenges for children and families

<h3>Mental Health</h3> <p>Before COVID-19, 1 in 6 children faced a mental health condition</p> <p>Experts suggest that the impacts of pandemic will only worsen mental health for children</p>	<h3>Poverty</h3> <p>Researchers estimate that poverty rates for children could increase by 53% due to the COVID-19 pandemic</p>
<h3>Lack of Child Care</h3> <p>13% of U.S. parents had to quit a job or reduce working hours due to a lack of child care during the pandemic</p> <p>60% of licensed childcare providers have already closed</p>	<h3>Education & The Digital Divide</h3> <p>1 in 3 public school students do not have adequate internet access or computing devices</p> <p>The digital divide is most pronounced for rural, Black, Latino, and Native American students</p>
<h3>Food Insecurity</h3> <p>Before COVID-19, 14% of households with children were experiencing food insecurity</p> <p>This has increased to 30% during the pandemic</p>	<h3>Housing Insecurity</h3> <p>Families with children accounted for 33% of the homeless population before COVID-19</p> <p>COVID-19 & the associated mass unemployment will likely increase homelessness</p>
<h3>Intimate Partner Violence</h3> <p>Before the pandemic, 1 in 4 women & nearly 1 in 10 men experienced domestic violence in their lifetime</p> <p>Intimate partner violence is rising with social distancing, quarantine, and economic stressors</p>	<h3>Child Abuse & Neglect</h3> <p>Child advocacy centers have seen 40,000 fewer children during the pandemic</p> <p>Children are vulnerable during the pandemic:</p> <ul style="list-style-type: none"> 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