

SUPPORTING TEENS THROUGH COVID-19

Because of Coronavirus, teens are missing out. Offering compassion paves their way toward feeling better.

MAKE SPACE FOR DISAPPOINTMENT AND SADNESS

Teens are missing out on a lot right now. Sports, proms, school, etc. Adults should not underestimate the power of empathy in this time. Teens have a right to be sad and angry right now. When navigating difficult feelings it is important to offer compassion.



EMPHASIZE SOCIAL DISTANCING

It can be challenging to get teens to comply with social distancing when they want to be with their friends. Consider loosening any rules regarding technology use and encourage teens to connect with their friends online. Talk with your teen about the reasons why social distancing is encouraged right now. It isn't about them, rather protecting the most vulnerable around us.



SUPPORT REMOTE SCHOOLING

As parents, it can be overwhelming trying to figure out schooling at home. Creating a realistic schedule each day can help. Include plenty of time for breaks and activities. Remember that it may not be as effective as in-person school but it will get more effective over time. Be patient with yourself as a parent and with your teen during this time.



ENCOURAGE HEALTHY HABITS

Teens will do better during this time if they get adequate sleep, nutrition, and exercise. Keeping a consistent sleep schedule is really important to maintain a positive mood and to be able to meet school expectations.



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