

## HELPING CHILDREN COPE

Your children may respond differently to an outbreak depending on their age. Below are some reactions according to age group and the best ways you can respond:

AGE GROUP	REACTIONS	HOW TO HELP
PRESCHOOL	<ul style="list-style-type: none"><li>Fear of being alone, bad dreams</li><li>Speech difficulties</li><li>Loss of bladder/bowel control, constipation, bed-wetting</li><li>Change in appetite</li><li>Increased temper tantrums, whining, or clinging behaviors</li></ul>	<ul style="list-style-type: none"><li>Patience and tolerance</li><li>Provide reassurance (verbal and physical)</li><li>Encourage expression through play, reenactment, story-telling</li><li>Allow short-term changes in sleep arrangements</li><li>Plan calming, comforting activities before bedtime</li><li>Maintain regular family routines</li><li>Avoid media exposure</li></ul>