

# Goodhue County Education Center

## COVID 19 Resources

The National Child Traumatic Stress Network

[Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019](#)

- Reactions by Age Group

AGE GROUP	REACTIONS	HOW TO HELP
<b>PRESCHOOL</b>	Fear of being alone, bad dreams Speech difficulties Loss of bladder/bowel control, constipation, bed-wetting Change in appetite Increased temper tantrums, whining, or clinging behaviors	Patience and tolerance Provide reassurance (verbal and physical) Encourage expression through play, reenactment, story-telling Allow short-term changes in sleep arrangements Plan calming, comforting activities before bedtime Maintain regular family routines Avoid media exposure
<b>SCHOOL-AGE (ages 6-12)</b>	Irritability, whining, aggressive behavior Clinging, nightmares Sleep/appetite disturbance Physical symptoms (headaches, stomachaches) Withdrawal from peers, loss of interest Competition for parents' attention Forgetfulness about chores and new information learned at school	Patience, tolerance, and reassurance Play sessions and staying in touch with friends through telephone and Internet Regular exercise and stretching Engage in educational activities (workbooks, educational games) Participate in structured household chores Set gentle but firm limits Discuss the current outbreak and encourage questions. Include what is being done in the family and community Encourage expression through play and conversation Help family create ideas for enhancing health promotion behaviors and maintaining family routines Limit media exposure, talking about what they have seen/heard including at school Address any stigma or discrimination occurring and clarify misinformation
<b>ADOLESCENT (ages 13-18)</b>	Physical symptoms (headaches, rashes, etc.) Sleep/appetite disturbance Agitation or decrease in energy, apathy Ignoring health promotion behaviors Isolating from peers and loved ones Concerns about stigma and injustices Avoiding/cutting school	Patience, tolerance, and reassurance Encourage continuation of routines Encourage discussion of outbreak experience with peers, family (but do not force) Stay in touch with friends through telephone, Internet, video games Participate in family routines, including chores, supporting younger siblings, and planning strategies to enhance health promotion behaviors Limit media exposure, talking about what they have seen/heard including at school Discuss and address stigma, prejudice and potential injustices occurring during outbreak

## FOOD SHELF INFORMATION

### **Cannon Falls** - 1-507-263-3257 511

Belle St

1st Saturday of the month 10-12 2nd

Thursday of the month 10-12 3rd Thursday

of the month 4:3-6:30 4th Thursday of the  
month 10-12

### **Goodhue**

Zumbrota Area Food Shelf

### **Kenyon Wanamingo** - 1-507-789-6162 98

Gunderson Boulevard

Monday 3 - 6

Thursday 12 - 3

Saturday 9 - 12

### **Lake City** 1- 651-345-5888

600 S 8th Street Tuesday 1-3

Thursday 9-11

2nd & 4th Saturday 9 - 11



### **Red Wing** 1-651-388-9302

1755 Old West Main

Street Tuesday 4:00pm -

6:00pm Thursday

4:00pm - 6:00pm Friday

11:00am - 1:00pm

### **Zumbrota/Mazeppa** - 1-507-

732-7330 242 S Main

Street

1st & 3rd Wednesday of the month 2:00pm-

3:30pm 3rd Wednesday of the month

10:00am - 11:30am 2nd & 4th Thursday of

the month 7:00pm - 8:00

## [COVID-19: Managing Stress in this Anxious Time](#)

·Institute for Disaster Mental Health

·Change what you can, and work on strategies for accepting and coping with what you can't.

·Limit your media exposure so you're not dwelling on the situation.

·Stay connected, through whatever means are available, to the people that are important to you.

**Above all, remember what stress management strategies work for you, and actually use them regularly to get through this challenging outbreak.**

## [5 Tips for Staying Connected While Social Distancing](#)

·Temple Health

·Connect digitally

·Attend a class or event virtually

·Reconnect with Family

2 ·Have a neighborhood hangout