

5 Essential Needs of Children (& Adults) During a Pandemic

Promote Sense of Felt Safety

- Establish a routine for predictability
- Provide honest, age appropriate, and constant information
- Limit media exposure



Promote Sense of Calm

- Recognize and validate self and other's emotions
- Adjust for self and others emotional needs
- Meet the body's physical needs

Promote Sense of Self and Collective Efficacy

- Identify own, family, and community strengths
- Use established and new coping skills
- Promote choices and problem solving



Promote Sense of Connectedness

- Be present with the people and nature around you
- Use positive, nurturing physical touch
- Playfully engage with others

Promote Sense of Hope

- Reassurance that you have overcome past hard experiences
- Engage in positive activities
- Identify positive experiences/outcomes, even very small ones

