



FOR IMMEDIATE RELEASE

April 1, 2020

# PRESS RELEASE

## Great Ways to Talk with Children About Covid-19

In times of crisis, it can be difficult for children to understand why their life has changed so suddenly. Here are some helpful tips from Pines Behavioral Health on how to talk to children about Covid-19, as well as great ways to help them feel safe and secure during this difficult time.

- Remember, children can easily pick up on their parent's anxiousness. Being a role model by keeping calm and helping your child feel secure can go a long way.
- It is normal for children to be asking questions. Answer them truthfully, but age appropriately. For the young, reassuringly tell them that there are germs that are causing people to become sick, but there are doctors, nurses, and hospitals helping them to get better. In the meantime, we need to wash our hands, cough or sneeze into our arm, and keep our hands away from our face. More advanced information can be given to older children, helping them decipher the facts from misinformation.
- Children may wonder what they did to cause the family to remain home and for schools to be closed. Much like in divorce situations, children tend to think that they are the cause of something that has gone wrong. Reassure them that they've done nothing wrong.
- It is important to give children a sense of security. Keep or develop a daily routine and engage in a lot of family time. Limit TV or other media exposure by finding new hobbies. Children thrive on parents' attention, and this time at home gives us an opportunity to strengthen our family.



***PINES BEHAVIORAL HEALTH***

*"Life should be enjoyed...not endured"*

We will all get through this together.

## Branch County Daily COVID-19 Update for March 31, 2020

<i>Date/Type</i>	<b>Current Positive Cases - Michigan</b>	<b>Deaths - Michigan</b>	<b>Positive Cases - Branch County</b>	<b>Deaths - Branch County</b>
3/26/2020	2,856	60	2*	0
3/27/2020	3,657	92	4*	0
3/28/2020	4,650	111	4*	0
3/29/2020	5,486	132	7*	0
3/30/2020	6,498	184	8*	0
3/31/2020	7,615	259	2 (8*)	0
<i>Avg. Daily Change</i>	952	40	2	0
<i>Change 29 -30</i>	1,117	75	2	0

\*Lakeland Correctional Facility

As always, **we remind Branch's residents to stay home and stay safe.** With proper foresight and courage, we will all get through this together.



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