

Tips to help ease Anxiety for children during Social Distancing

Remember to remain calm and reassuring when you approach having a conversation with a child. Be sure to listen to the child's fears and concerns. If you feel like you still need additional support, please contact Family Service Society, Inc. (765) 662-9971.

1 Explain in their Terms

New Sickness



Right now, there is a new sickness called the Coronavirus. The germs of this virus are making people very sick.

Spreads Quickly



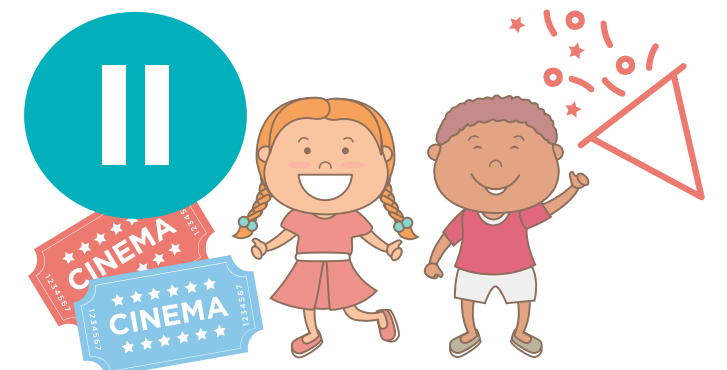
This sickness is very easy to catch and we are learning as much about it as possible. Doctors are working on how to treat it to keep us all safe.

Stay Healthy



People in our community want us all to stay healthy, so they are asking for schools to close and for families to stay home as much as possible.

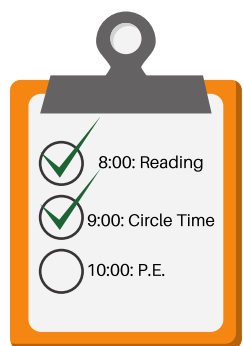
Pause the Fun



To do our part and to not get others sick, we are staying home from school and staying away from large crowds by not going to the movies, sporting events or even birthday parties.

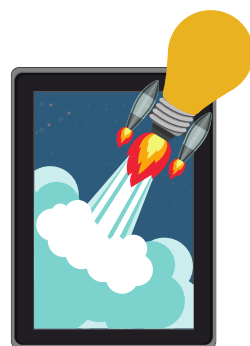
2 Schedules look Different

Your Day is Different



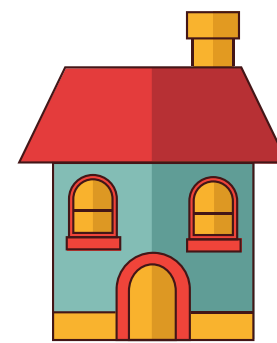
Your day is going to look different. You will not be able to go places that you usually go to and that is OK. Your schedule can change.

No School & E-learning



You will not be going to school and you may need to do your school work at home.

Caregiver at Home



Your mom, dad or caregiver may be at home with you. They may not be going to work or might be doing their work from home for a little bit.

Online Appts



You might not be able to go to the doctor's office or see your counselor in person. You might even be able to meet with them online.

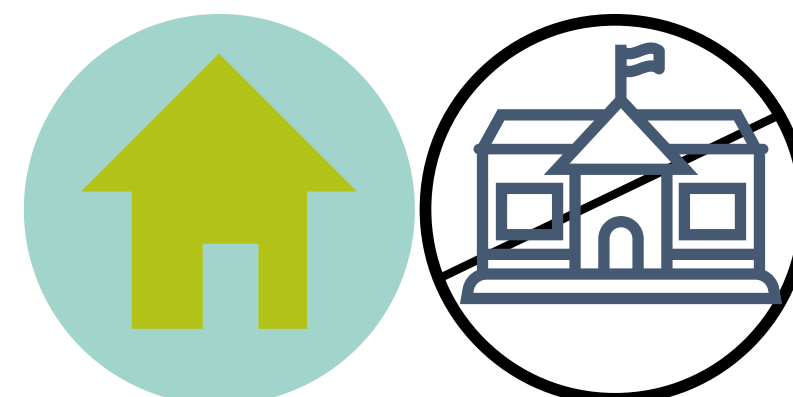
3 How we can Protect Ourselves



Avoid touching mouth, eyes & nose



Wash your Hands Often



Stay home from School



Avoid Large Crowds with Social Distancing

Please note: FSSI is now offering a telecounseling service that allows for appointments with providers to be Virtual using ZOOM, FaceTime or Google Duo. Should you feel like you need additional options to support you, your child or family during this uncertain time. Please call to schedule, (765)662-9971.

Family Service Society, Inc.

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