For a boost of positivity from Child and Adolescent Psychologist Dr. Adele Solazzo, here are a few self-care tips for parents and caregivers, plus ways to soothe children during these uncertain times.

For more health and wellness resources, visit [www.jwbpinellas.org/COVID-19](http://www.jwbpinellas.org/COVID-19)

### Taking Care of Yourself

1. Avoid catastrophic thinking
2. Focus on the “here & now”
3. Limit what is consumed via online or TV
4. Prioritize healthy choices
5. Make short-term basic plans or goals
6. Set reasonable expectations
7. Schedule down time & do what brings you joy
8. Don’t compare yourself to others
9. Press “snooze” on non-positive relationships

### Responding & Soothing Children

1. Remember, being present is the best thing you can do
2. Talk regularly about COVID-19 to address concerns
3. Stick to honest but age-appropriate responses
4. Ask “yes” or “no” questions
5. Listen & acknowledge feelings
6. Use “green, yellow, red” to identify intensity of feelings
7. Teach breathing techniques to help self-regulate
8. Empathize with emotions – not challenging behaviors
9. Contact a pediatrician for concerning behaviors