



TIKKUN: HEALING
“POST” PANDEMIC

Talking to our children



EMPATHY



UNDERSTANDING



CURIOSITY

Questions to ask your children

- You have probably heard many different things about COVID-19, vaccinations, and how to protect yourself. What questions do you have about it? If I don't know the answer, I can try to find it or maybe we could search for it together.
- People can be angry, sad, or worried when something bad happens. Those feelings can make you feel confused or uncomfortable. Tell me what you have been feeling since the pandemic started.
- What worries you most about COVID-19?
- Have you been feeling nervous about going back to school because of COVID-19?
- Wearing masks and staying at a distance from others is not something we were used to doing. How do you feel about that?
- When our minds are stuck on bad things, it can be really hard to focus on other things. Have you ever felt this way? What kinds of things does your mind get stuck on?
- What are you looking forward to, for when we can connect in-person more safely and return to more normal activities—like a vacation, movie, graduation or playing on a sports team? Tell me about what that might look like!
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What messages permeate this prayer? What other messages do we want to give our children?

Holy One of Life and Love

Wrap me in a warm embrace as I prepare to receive my COVID-9 vaccine. I give thanks for the doctors and scientists who are creators like You, for the wise people who approved the vaccine, and for everyone who made sure this was available for kids.

In my heart, I know this vaccine is good for me. It will keep me safe and help others too. I am grateful for the power of blessing which makes me stronger by taking my mind off any pain.

Thank you God for listening to our prayers.

Blessing to You, the Heart and Healer of all humanity

Adapted from Rabbi Lisa Gelber and Zahara Gelber

Talking to kids about covid-19 from Yale Study Center

Remember empathy, understanding, and curiosity

- Avoiding the topic can make children worry more
- Ask your child what she/he heard about COVID-19, vaccinations, masks, social distancing.
- If your child is clingy, it may be because they are anxious. Help your child talk about their feelings, thoughts, and ideas.
- Ask if the family appears to be taking more precautions or fewer precautions than peers.
- Express sympathy and empathy. Use active listening and accept all feelings.
- Remember that your child is frustrated about the changes in their life due to the pandemic: missed opportunities, feeling stuck in the house, tired of figuring out what is ok and what is not ok to do

Understanding first, then solutions

- Consider doing focused breathing, progressive muscle relaxation, guided visual imagery.
- Provide reminders that the situation will not last forever.
- Answer simply and honestly. Offer enough information without overloading.
- Provide reassurance: we are taking steps to keep our family safe
- When you are calm, your child is more likely to feel reassured.

Resources

- Resources:
- [| The National Academies Press | Tools for Supporting Emotional Wellbeing in Children and Youth \(nap.edu\)](#)
- [COVID-19 Parental Resources Kit \(cdc.gov\)](#)
- Infoaboutkids.org – a web resource for behavioral science-based information on children, youth, and families
- [Psychological First Aid: How You Can Support Well-Being in Disaster Victims \(cstsonline.org\)](#)
- [parents guide-helping children cope with covid-19 pandemic-final version 386421 284 28977 v1.pdf \(nctsn.org\)](#) – excellent resource list and tip sheet on how to help kids during stressful times
- [CSTS FS Finding Right Words Talk Children Teens Coronavirus.pdf \(cstsonline.org\)](#) – talking to kids and teens about covid-19
- <https://www.youtube.com/watch?v=cDKyRpW-Yuc> – progress muscle relaxation
- [Practice Mindfulness With Belly Breathing |... | PBS KIDS for Parents](#) – mindfulness with belly breathing
- [4-7-8 Breathing Exercise by GoZen - YouTube](#) – 4-7-8 breathing
- [Relaxation Tip Card--landscape-format.pdf \(nyulangone.org\)](#) – focused breathing; squeeze your fists, imagine a relaxing place
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