The pandemic is exacerbating existing challenges for children and families.

**Mental Health**
- Before COVID-19, 1 in 6 children faced a mental health condition.
- Experts suggest that the impacts of pandemic will only worsen mental health for children.

**Poverty**
- Researchers estimate that poverty rates for children could increase by 53% due to the COVID-19 pandemic.

**Lack of Child Care**
- 13% of U.S. parents had to quit a job or reduce working hours due to a lack of child care during the pandemic.
- 60% of licensed childcare providers have already closed.

**Education & The Digital Divide**
- 1 in 3 public school students do not have adequate internet access or computing devices.
- The digital divide is most pronounced for rural, Black, Latino, and Native American students.

**Food Insecurity**
- Before COVID-19, 14% of households with children were experiencing food insecurity.
- This has increased to 30% during the pandemic.

**Housing Insecurity**
- Families with children accounted for 33% of the homeless population before COVID-19.
- COVID-19 & the associated mass unemployment will likely increase homelessness.

**Intimate Partner Violence**
- Before the pandemic, 1 in 4 women & nearly 1 in 10 men experienced domestic violence in their lifetime.
- Intimate partner violence is rising with social distancing, quarantine, and economic stressors.

**Child Abuse & Neglect**
- Child advocacy centers have seen 40,000 fewer children during the pandemic.
- Children are vulnerable during the pandemic:
  - Increased stress is often a predictor of abuse
  - School closures mean children have fewer contacts with adults to identify warning signs

**Strategies for families & caregivers to help support children:**

- **Build a solid foundation for basic health needs**
  - 4 Pillars of Emotion Regulation:
    - Sleep hygiene
    - Nutrition
    - Physical activity
    - Social supports

- **Create a self-care plan**
  - Identify and implement strategies to support the body, mind, spirit, relationships and work

- **Address stress**
  - Soothing the nervous system promotes health and positions caregivers to best support children

- **Moderate news & social media consumption**
  - Take breaks from watching, reading, or listening to news about the pandemic, including on social media

- **Talk to children about the Coronavirus pandemic**
  - Help children make sense of what they hear in a way that is honest, accurate, and minimizes anxiety or fear

- **Consider mental health support & therapy**
  - Cognitive Behavioral Therapy can provide children with strategies to manage anxiety and other stressors

- **Teach children healthy coping strategies**
  - Modeling and teaching children healthy coping strategies can help them become more resilient