

Kids Are Anxious And Scared During The Pandemic. Here's How Parents Can Help

December 16, 2020

For the kids in our lives, the last nine months have been many things. Scary — because an invisible, unknown illness was suddenly spreading across the globe. Maybe even fun, when the possibility of school closing felt like a snow day. But for many, that novelty has given way to frustration and sadness — even depression and anxiety. Just like adults, kids are wondering: Will I get sick? Will someone I love die?

It's a lot for kids *and* parents to handle. So we talked to the experts and came away with five tips for how you can help your kids through this.

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