Dear Ansley Public School Families:

As news of more Coronavirus cases being identified and reported in the State of Nebraska grows, public concern continues to grow as well. It is important that everyone show the necessary concern by taking the physical measures as recommended by the CDC in order to protect against and prevent the spread of COVID-19, as well as staying up to date with the threat of the virus in the local area. However, for some people, especially children, all the information about COVID-19 might be a little too overwhelming. So, during this time, it is important to be mindful of what information is shared and how it is shared in order to help children better process the effects of this illness.

Limiting the availability of information for some young children may be necessary. Sometimes, too much information can create additional fears in children who are unable to fully process and dissect information appropriately. It may also be wise for adults to discuss their plans or fears privately before sharing them with their children. This will allow the adults the ability to communicate a family plan of action or concerns to the children in a calm and deliberate manner. It is also important that adults allow children the opportunity to ask questions as well as share their feelings about the situation. If children are unable to verbally express their feelings, adults can encourage children to journal about or draw their feelings as to serve as a release.

In the event that you or your child(ren) start to experience extreme feelings of worry, anxiety, fear or hopelessness, and would like assistance with this, please contact me so that I can provide additional support and/or resources. Also, please check out additional resources and links listed below.

Together, we can stand strong.

Milissa Birnie
Ansley Public School-School Counselor
308-935-1121
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**Resource Links:**

**Nebraska Department of Health and Human Services**

Coronavirus Information Hotline

(402) 552-6645 8 a.m. to 8 p.m. -7 days/week

**Loup Basin Public Health Department**

https://www.lbphd.org

**Centers for Disease Control**
[Coronavirus Disease 2019](https://www.cdc.gov/coronavirus/2019-ncov/)

https://www.cdc.gov/coronavirus/2019-ncov/

**SAMHSA**
[Coping with Stress During an Infectious Disease Outbreak](https://store.samhsa.gov/system/files/sma14-4885.pdf)

https://store.samhsa.gov/system/files/sma14-4885.pdf

**Child Mind Institute**
[Talking to Kids About the Coronavirus](https://childmind.org/article/talking-to-kids-about-the-coronavirus/)

https://childmind.org/article/talking-to-kids-about-the-coronavirus/

**National Association of School Psychologists**
[Talking to Children About COVID-19: A Parent Resource](https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout.pdf)

https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020\_NASP\_NASN\_COVID-19\_parent\_handout

