

- If children are talking less or shying away from social situations, they may be keeping lots of big feelings inside. Ask how they are feeling and if they have questions. Give them words describing feelings, such as angry, sad, scared, or worried.
- More frequent meltdowns can be kids' way of coping with a lack of control over a situation. Try activities that help them feel calmer and in control of something, such as molding clay, doing a puzzle, or building with blocks.
- If bed-wetting, thumb-sucking, or baby talk are reappearing, try to offer love and affection, and understand that these are normal behaviors in stressful times, and it can take time for them to get better.