

Reflection #11
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Coping with the Fear of COVID 19 Infection
The C.H.I.L.D. Model for Dealing with Fears, Grief and Trauma

Children can handle the known.... it is the unknown that terrifies them. It is important for children to have many opportunities to talk about their concerns and fears. Remember this wise statement: what the mind suppresses – the body expresses. The C.H.I.L.D. model is a helpful and easy to remember guide when talking to children about their fears.

- C** – Consider the age, home situation, wellbeing and the life history of the child.
- H** – Honesty. Be as honest and practical as possible. Use language the child will understand. Be aware of our need to protect and shelter children. Find a balance between protect and inform and give information about this crisis in small pieces.
- I** – Involve the child.... get them talking about their fears and their solution. Ask the child how they think Grandma or Grandpa would handle this or how their favorite Superhero would deal with this situation.
- L** – Listen. Let them ventilate their feeling and then validate those feeling. “I hear what you are saying.... That must have been so scary.... You have a right to feel this way”. Feeling are never right or wrong.... always neutral. Have uninterrupted time. Get in touch with the wisdom of your child.
- D** – Do it Over and Over and Over. Children need constant reassurance. In order to get through this crisis, we need to focus on making our children, family members and our community feel loved and secure. We can do this!