

TALKING TO YOUR TEENS ABOUT CORONAVIRUS

#PGCCOVID19



KEEP UP YOUR ROUTINE

- Keep a normal routine as much as possible, but be flexible. Try and keep a similar sleep and meal schedule.
- Your child's school has set up lesson plans and resources for you to use at home. For younger teens, try to set aside the same time each day for schoolwork. Give plenty of breaks.
- Encourage your teen to get some fresh air and exercise, while keeping a distance from others. This is important for their mental health and wellbeing.
- Teens can also take on some responsibility in the house. They can shop for supplies online, watch and play with younger siblings and prepare meals.



Learn more: health.mypgc.us/COVIDresources