Children are not immune from dealing with the effects of this pandemic. Having a simple discussion to share the facts about COVID-19 and other disasters will go a long way in easing their concerns. In today’s employee check-in, we discuss helping children cope with emergencies. According to the CDC, some children react right away, while others may show signs of difficulty much later. How a child reacts and the common signs of distress can vary according to the child’s age, previous experiences, and how the child typically copes with stress. You can help reduce a child’s stress by talking to your kids in simple terms, having a plan in place that they understand, remaining calm and by listening to their concerns. You can get started with that conversation with a workbook provided by the CDC.