10 Mental Health Signs in Children to Watch for During COVID-19
Adapted from Article by Caroline Bologna 3/27/20

Regressive Behaviors – All people regress somewhat, but the younger the child, the more regression. Behaviors that you thought children had grown out of reappear (i.e. thumb sucking, bedwetting)

Changes In Appetite – Loss of appetite or extra comfort eating, more noticeable in teens

Sleep Issues – Often a tell-tale sign, sleeping all day or having difficulty settling at night

Mood Shifts – Changes in normal temperament or mood; irritability, angry outbursts, sudden bouts of crying, loss of interest.

Reassurance-Seeking – Asking a lot more questions, more unsettled at bedtime, not wanting to be left alone

Clingy Tendencies – Following room to room, difficulty when you are out of eyesight, difficulty separating

Withdrawal – Seclude in bedroom, not connect with loved ones virtually

Somatic Complaints – Huge. Common manifestations are headaches, stomachaches, less energy.

Trouble Focusing – Common in older children and teens. Harder to focus, increased procrastination, memory

Acting Out – Acting out more than usual. Anger outbursts, argumentative, higher levels of aggression, disobedience.