

Mayo Clinic Minute: Helping kids struggling with the ever-changing COVID-19 pandemic

Video	Audio
	Helping kids cope with the pandemic can seem like an overwhelming feat, but there are simple things caregivers can do.
<p>Nusheen Ameenuddin, M.D. Pediatric and Adolescent Medicine Mayo Clinic</p>	"Parents can be such a powerful force in protecting and encouraging, and supporting, children."
	Anxiety, depression and even eating disorders in children have increased due to the uncertainty of the COVID-19 pandemic.
	"When things around us are very much not in our control, we try to find what we can hang on to."
	Mayo Clinic Pediatrician Dr. Nusheen Ameenuddin says one way to deal with uncertainty is to focus on what we can control and encourage kids to prioritize activities that contribute to mental wellness, such as getting enough sleep, physical activity and social interactions.
	And model those behaviors at home, as well.
	"This is an opportunity for us to learn to roll with the punches and to go with the flow, and we will do the best we can. And if at the end of the day, we can say we got through this day, OK, then that's a good thing."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.