

# Stress in Children

## COVID-19

**During COVID-19, your child may experience stress and symptoms of anxiety.**

These signs may indicate a child needs additional support to manage these feelings:

- Changes in sleep patterns
- Changes in eating patterns
- Increased aches and pains
- Increased focus on their body
- Changes in mood and behavior
- Increased clinginess/difficulty separating
- Withdrawal/isolation
- Difficulty concentrating
- Increased worries/inability to focus

**We are here for you!** For information about El Centro's behavioral health services or to schedule an appointment, please call (713) 660 - 1880 ext. 1415.

**Telehealth appointments are now available!**



**El Centro de Corazón**  
*Quality Health Care*

Source: Lifespan.org

(713) 660-1880

[www.elcentrodecorazon.org](http://www.elcentrodecorazon.org)