

## INSTEAD OF ASKING "HOW ARE YOU"

- What am I interrupting?
- Are you still holding up okay?
- What's your day been like so far?
- What is going on with you right now?
- What is keeping you going right now?

## CHECK-IN QUESTIONS:

- Do you have a friend or family member that you talk to each day or every few days?
- Are you living in a safe place?
- How are you coping?
- If parenting, how are you feeling about parenting at home? Do you have someone that helps you?
- If parenting, when was the last time your child went to the doctor?



Connected Youth Initiative  
nebraskachildren

# COACHING PROMPTS DURING COVID-19



## COMMUNICATION TIPS

Keys for effective communication and engagement during this time:

- Listen
- Talk about their situation
- What the impact has been for them
- What do they think they need
- Make the person a part of the solution, do not just tell them what to do
- Stay informed on the most updated resources, tools, and information to assist individuals
- Remain calm
- Find the positive in the situation
- Ongoing, regular communication in a way that works for them
- Be transparent