

Question: How have children and families who have been diagnosed with COVID-19 been affected in regards to social isolation, economic hardship and mental health status?

Summary: The pandemic was a very challenging time for everyone around the world, but especially hard on children and families with small children. With the world being shut down, including K-12 schools and childcare facilities, children are forced into quarantine. During this stage of development, it is pivotal that children have the support of their peers. Social isolation can lead to worse mental health problems, such as eating disorders, self-harm and suicidal ideation (Shen 2020). Many parents have had to work from home and assist in distance learning for their children's school. This can cause turmoil and stress among the family from trying to balance work, school, and their "new normal" (Cross 2020). Along with social isolation comes job and financial insecurity which can cause a heavy burden on any family. For example, in many locations the unemployment rates have skyrocketed by almost 15% (Shen 2020). With unemployment rates rising, the amount of homeless or those in poverty has also drastically increased (United Nations 2020). Due to the many closures of clinics during the pandemic, many adults and children were denied access to mental health resources. Unfortunately, many school aged children reported that they received mental health resources primarily from their schools prepandemic and were no longer receiving that assistance (Shen 2020). In response, the amount of generalized anxiety diagnoses have increased substantially (United Nations 2020).

Conclusion: Even though children who are diagnosed have milder cases and symptoms, the mental and psychological effects are evident. The lasting effects of the pandemic on children is not yet fully understood, but research shows that the mental health of children has been significantly altered due to the social isolation, parental financial instability and restricted access to mental health resources (United Nations 2020).

Works cited:

Primary article:

Shen, J (2020, September) *Impact of the COVID-19 Pandemic on Children, Youth and Families*.
Judge Baker Children's Center.

[https://jbcc.harvard.edu/sites/default/files/impact_of_the_covid-19_pandemic_on_children_youth_and_families .pdf](https://jbcc.harvard.edu/sites/default/files/impact_of_the_covid-19_pandemic_on_children_youth_and_families.pdf)

Secondary article:

United Nations (2020, April 15) *Policy Brief: The Impact of COVID-19 on children*.

[https://unsdg.un.org/sites/default/files/2020-04/160420 Covid Children Policy Brief.pdf](https://unsdg.un.org/sites/default/files/2020-04/160420_Covid_Children_Policy_Brief.pdf)

Tertiary article:

Cross, C. (2020, June 16) *Working and Learning from Home During the COVID-19 Outbreak*.

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Working-and-Learning-from-Home-COVID-19.aspx>