

May 27, 2020

**As a pediatrician**, I am grateful that news reports are focused on the alarming consequences of the novel [coronavirus](#) on the mental health of so many Americans. I wish The Post would highlight the deleterious effects of this pandemic on children's mental health, so often underreported and so consequential to their development. Stable relationships with adults, peer friendships, and education and wraparound services in schools are critical factors that help children thrive. Yet children are experiencing the devastating loss of parents and other loved ones to the novel coronavirus, grief from missing connections to friends and anxiety without their usual supports in school. Younger children struggle to understand this, and older children ache with a pain of missing milestones such as graduations. Black, Latino and Native American communities have been especially affected by worsening inequities. I worry that these traumatic experiences will have lifelong mental and physical health effects. Pediatricians are trained to address mental health concerns, and I encourage parents to consider their pediatrician a source of support and guidance. Now more than ever, we must prioritize the mental health of children and adolescents.

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