

It's also helpful to model coping with that disappointment in a positive way. Talk to your kids about what you're doing to feel better (like scheduling calls with far-off friends or making a favorite recipe) and help them find their own ways to do the same.

And if kids are upset or angry about your decisions not to participate in a larger family gathering, it's important to validate those feelings too. Dr. Berman suggests language like: "I understand that you're mad right now. It's okay to feel frustrated. We made this decision because we thought it was the best way to stay safe. But it's okay to feel disappointed and mad."

That validation can go a long way in bringing down those feelings, and it gives you an opening to calmly explaining your reasoning. "Sometimes kids get upset because we're making decisions and not really giving them any information," says Berman. Keeping your kids in the conversation and letting them know that you hear them can help them feel respected even in situations that don't go the way they want.