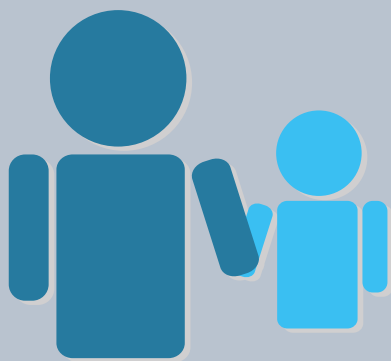


COVID-19 ADVICE FOR PARENTS

CHILDREN'S RESPONSE TO STRESS

Children may show their worry or stress in different ways through their behaviour. They may be more withdrawn, clingy or seem angry and agitated. It is normal to feel worried or stressed because of the uncertainty and insecurity at this time.



REASSURANCE

Children need adult's love and attention during difficult times. They may seek more attention and interaction from you to help make sense of what is going on and feel ok. Try to set aside 10-15 minute each day for them to talk about their worries or give key information about what is happening.

BOUNDARIES

Whilst it is important to give your child space to talk, limiting their exposure to news coverage will help to reduce worry. The sudden change to everyday routine will be difficult for many children. It will be important to structure their day around learning, play and family time. Some children may find a visual timetable helpful.



YOUR WELL-BEING

Juggling working from home and providing a learning environment may be challenging. You may feel stressed, but your child will look to you for messages that they are safe. This is why it is important to keep in regular contact with your support network, and take care of your well-being, you won't be alone in how you are feeling.

