

Helping children cope with stress during Covid-19

Information from the World Health Organisation

Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bed wetting, etc. Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Remember to listen to your children, speak kindly and reassure them. If possible make opportunities for them to play and relax.

Try and keep children close to their parents and family and avoid separating children and their care givers to the extent it's possible to do so. If separation occurs (eg. Hospitalisation) ensure regular contact (by phone).

Keep to regular routines and schedules as much as possible, or create new ones in a new environment, including school/learning as well as time for playing and relaxing.

Provide facts on what has happened, explain what is going on and give them clear information about how to reduce their risk or being infected by the disease in words that they can understand depending on their age. This also includes providing information about what could happen in a reassuring way with their family or friends, eg. They may have to go to hospital.