

Helping Our Children Cope with Stress during COVID-19

Pay Attention to Our Children's Response:

- They may respond to stress in different ways such as being clingier, anxious, withdrawing, angry or agitated, bedwetting, etc.
- Respond to our child's reactions in a **supportive** way, **listen** to their concerns and give them **extra love and attention**



Additional Love and Attention:

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

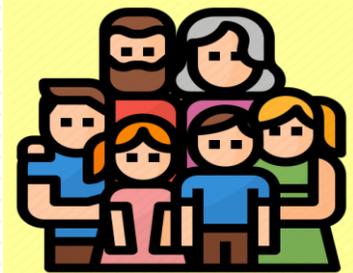


Keep Children Close:

- *Try as best as possible to keep children close to their parents and family.*
- *Avoid separating children from caregivers as much as possible*
- *If separation occurs (e.g. hospitalisation) ensure regular contact (e.g. via phone) and provide re-assurance.*

Maintain a Healthy Routine:

- Keep to regular routines and schedules as much as possible.
- Help create new routines in a new environment
- Set time for playing and relaxing safely



Only Provide Facts:

- Provide facts about what has happened, explain what is going on and give clear information about how to reduce their risk of being infected in words that they can understand.
- This also includes providing information about what could happen in a reassuring way. For example, *Aunty Sasha is not feeling well and may have to go to the hospital for some time so the doctors can help them feel better.*



Source: World Health Organisation