



SUPPORTING THE EMOTIONAL WELL-BEING OF CHILDREN AND YOUNG PEOPLE DURING THE COVID-19 PANDEMIC

STAY CALM

Keep a calm atmosphere and avoid expressing excessive stress about the virus in front of children.

Listen, empathise, reassure and 'normalise' their thoughts and feelings.

Use music, mindfulness and prayer to help them to relax.

GIVE THEM A SENSE OF SAFETY

Routine and structure are important for children to feel secure and safe

Limit exposure to the media – news can be frightening and spark catastrophic thinking.

Answer questions honestly and encourage talking (maybe whilst doing a familiar, comforting activity).

HELP THEM TO FEEL IN CONTROL

It really helps when we feel some control over what is happening to us.

Help children to plan the day, to communicate to others about coping strategies and to provide support to someone else if possible.

Empower them by teaching them things that they can do such as washing their hands and social distancing.

STAY CONNECTED

Organise group activities and games within your family.

Encourage connections with friends, joint projects and even writing letters to old friends or family.

Older young people will have online communities which may provide a lifeline for them as long as these are used in a safe way with the necessary boundaries.

STAY POSITIVE AND PROMOTE HOPE

Remind them of services that are helping and working on a vaccine. Share good news stories and talk about how people are helping each other.

Make plans for the future and look back over good times.

Choose books and films with inspiring stories of hope.

However hard it seems; try to find the benefits of the situation you are in and emphasise the community efforts to overcome the issues.



RESOURCES FOR PARENTS

Online

<u>Support for children</u>	<u>Support for young people</u>	<u>More advice for parents</u>
Coronavirus workbook (available in 18 languages)	Free guided mindfulness meditations	British Psychological Society
BBC Newsround	Young Minds advice on self-care	A Parents' guide for Talking to children about Coronavirus
Mencap - easy read information sheet	A Blog post with strategies for young people to try	Advice for maintaining well-being whilst self-isolating
Social Story - especially useful for children on the Autistic spectrum	Catch It - app for challenging negative thinking	
Another Social Story	Headspace - Relaxation app	
ELSA Workbook	My Possible Self - app for managing fears, anxiety and stress	

Books

Something Bad Happened: A Kid's Guide to Coping with events in the News- Dawn Huebner. How to process different world events (ages 6-12).

What To Do When You're Scared & Worried: A Guide for Kids- James Crist. A help guide to processing fears and worries (ages 9-13).

Have You Filled A Bucket Today? A Guide to Daily Happiness for Kids- Carol McCloud. Encourages positive behaviour and expressing kindness and appreciation. (Ages 4-9)

How are you Peeling: Foods with Moods- Saxton Freymann & Joost Elffers. Explores how emotions look through pictures of Foods (Ages 4-7)