Please note, this wee guide has been written by one of our team as a Mum to an 8-year-old. It’s not intended to be a ‘professional guidance’, simply some wise words to help get you through the day.

Thanks Pam

**Worried about Covid 19?**

**Think about how I’m feeling**

Whilst many children will cope with ‘lockdown’, some children and young people may experience a range of difficulties due to isolation, home environment and the removal of routine and support from schools and other agencies.

This is a difficult time for everyone and some may react straight away while others may show signs later. How a child reacts can vary according to age. Signs to look out for:

* Upset and wanting cuddled more
* Difficulty sleeping or change in eating habits
* Younger children showing signs of distress/anger
* Talking about the situation all the time or not at all
* Young people may be more argumentative or seem angry
* May become withdrawn and not wish to talk

Please encourage children and young people to talk about their feelings and worries and allow them to ask questions even though there may not be answers in this uncertain time. Ask them directly how they are feeling. Remind them of the facts as the media can be very scary particularly with round-the-clock coverage at present. Try and limit the amount of news that’s on in the house.

For younger children play can be a great way to talk about worries and is also a distraction. Using simple pictures can be a great way for children to express how they feel.

|  |  |  |  |
| --- | --- | --- | --- |
| 😃 Happy | 😢 Sad | 😠 Angry | 😟  Worried |

Do not add stress and anxiety about school work as the best thing you can do during this period is help your child feel safe and protected. Try some new fun tasks, play games, be creative, bake and spend time together. Please remember they are missing they’re friends and family too so where possible and safe, make time for them to communicate with their family and friends using online platforms.

Children and young people will often take emotional cues from the adults around them. How you respond is very important. If you try to stay calm they will be less anxious and scared.

For further advice and support please visit below sites:

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>