

## How to help children cope with stress during the COVID-19 outbreak

### 5 TIPS

**01** Children respond to stress in many different ways and can include being more clingy, anxious, withdrawn, angry or agitated.

Be supportive in responding to their reactions, by listening to their concerns and showing care.

**02** Children need extra love and attention during tough times.

Be kind and reassuring with your children. Make opportunities for them to play and relax.

**03** Keep children close to their primary caregivers and family, and avoid separating them to the extent possible. If separation occurs due to hospitalization or otherwise, ensure regular contact by phone and re-assurance.

**04** Try to keep regular routines and schedules, or create new ones and stick to them. Include both school and learning activities as well as time for play and relaxation.

**05** Use words they can understand to provide information about what has happened and how they can reduce their risk of being infected.

This should also include providing information on what could happen. For example, sharing that a family member may not feel well and need to stay in the hospital until they feel better. Remember to be reassuring and listen to their concerns.

