






Helping your child cope with stress

-  **Respond to your child's reactions in a supportive way.** Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.
-  Children need adults' love and attention during difficult times. **Give them extra time and attention.** Remember to listen to your child, speak kindly and reassure them. **If possible, make opportunities for your child to play and relax.**
-  **Try and keep your child close to you** and try avoid separating them from parents and caregivers. If separation occurs (e.g. hospitalisation) ensure regular contact (e.g. via phone) and re-assurance.
-  **Keep to regular routines and schedule as much as possible,** or create new ones, including school/learning as well as time for safely playing and relaxing.
-  **Provide facts about what has happened,** explain what is going on and give them clear information about how to reduce their risk of being infected by the disease in words they can understand depending on their age. This also includes providing information about what could happen in a re-assuring way.

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