

# **How can I help my child if they are worried during this lock-down?**

## **A simple guide for parents and carers**

This is a scary time for us all. As adults, we will feel anxious when we watch the news and see how Covid-19 is causing harm. As parents, we worry about how our children will cope with these feelings.

Young people don't always know what to do when they feel worried, sad or frightened. They don't always understand these feelings or know the best ways to deal with them. We'd like to offer you some ideas to help you support your child:

### **Should I stop my child from looking at the media?**

We can't stop young people from hearing news about Covid-19. As much as we would like to protect them from it, turning off the TV and social media can make things worse.

However, it is a good idea to limit the amount of time they spend reading and listening to news about it. If we are surrounded by bad news – we will feel bad. That is how our brains work.

A reliable, child-friendly resource that we often use at school is:

[bbc.co.uk/newsround](http://bbc.co.uk/newsround).

### **What should I tell my child?**

The lock-down gives us a chance to talk to our children regularly and without the need to rush. You could start by asking about their worries. Be honest! Tell them you share these fears and give simple answers from sources that you trust.

Perhaps you could show them how to find answers on websites such as <https://www.gov.uk/coronavirus> and <https://www.nhs.uk/conditions/coronavirus-covid-19/>. It's good for children to see how adults don't have all of the answers either. Show them it's OK to be confused, but there are lots of places to look for help.

### **What can I do for my child?**

The world seems to have turned upside down! When things are uncertain, it really helps children to have a routine. Even though our days look very different at the moment, we can give our children some stability by making a timetable with them. Creating time for school work but also for fun, play, meals and keeping in touch with

friends and family. It's surprising how quickly we settle in to new routines – and the feeling of security that they give us!

**Most importantly:**

Make sure you look after yourself. When our children see our stress, it can make them feel upset too. Do the things you enjoy. Go for a walk, read a book, soak in the bath or mess around in the garden.

We all need to give ourselves a break from the bad news we seem to be surrounded with right now. It is easy to feel overwhelmed and unable to cope.

If this is the case, for you or your child, there are people in school every day, who are here for you.

Give us a call: 0161 882 1150

Or you can email us: [admin@chorltonhigh.manchester.sch.uk](mailto:admin@chorltonhigh.manchester.sch.uk)

We will be able to direct you to the right service.

**Never forget, we are all in this together. You and your child are not alone.**