Safe & Sound: Parent/Caregiver Tips

Dealing with the new realities of corona virus disease spread can be particularly difficult for young children who may not fully understand what's going on around them. To help your child feel safe, cope with the situation, and be hopeful about the future, try these tips:

♥ Comfort Your Child

Keep reassuring your child that you love him and will keep him safe. Try to calm your own fears first, since your child takes cues from you. Listen carefully to your child and answer his questions honestly and simply.

👪 Spend TimeTogether

Know that simply smiling, laughing, and playing together can also help your child feel safe.

⏰ Maintain a Routine

As much as possible, try to keep a daily routine for the child, such as waking up a certain time, meal-times, time for play and study, reading the same bedtime story or singing the same lullaby each night before putting child to sleep etc.

📺 Monitor the Media

Don't allow your child to watch repeated news associated with COVID-19, its damage, and other related traumatic events on the TV, computer or on your phone. If you think your child might have seen or heard something, ask him about it. Correct inaccurate information and let him express his thoughts and emotions.

🗨 Be Aware of Your Child's Behavior

Children's expressions to traumatic events can be very varied. While some might have nightmares, wet the bed, be aggressive or inattentive, or cling to you others may show loss in appetite, sleep problems etc. Watch for changes in your child's behaviour and if need be consult a health-care provider, teacher, school counselor, or mental health professional.

♥ Take Care of Yourself

You're more helpful to your child when you've taken care of your own physical and emotional needs. Try to do something daily that helps you feel a little better, such as breathing deeply or exercise or talking with friends/relatives over phone/mail etc.