

WHAT TO DO IF YOUR CHILD IS ANXIOUS ABOUT CORONAVIRUS



1 Work with them to identify things that you can do together that will help them stay calm



2 Encourage your child to talk about how they are feeling and what they are thinking. Listen to what they have to say



3 Encourage and support them to reduce the amount of time they spend on social media and checking the news



4 Schedule some time each morning where you can engage in some slow and steady breathing. This is a great way to calm the mind and body



5 Identify some coping skills that you can learn and use with your child each week. This will help build their psychological toolbox



6 Encourage your child to plan and schedule things into their week. This can help increase control and reduce disruption, stress and worry



7 Support your child to stay focused on the present moment and to focus on one day at a time



8 Encourage your child to get into a regular routine which includes daily habits focused around maintaining physical and mental health



9 If your child is experiencing worry support them to problem solve. This is a great strategy to help them find a solution to their worry



10 Encourage them to engage in self care activities every day

