



# Helping Children Cope with Stress during the 2019- nCoV Outbreak



# Children may respond to stress in different ways such as:



- Being more clingy
- Anxious
- Withdrawing
- Angry or agitated
- Bedwetting, etc.



Respond to you child's reactions in a supportive way, listen to their concerns and give them extra love and attention

+ Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child(ren) to play and relax.



- + Try to keep children close to their parent(s) and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.



- + Keep regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



- + Provide facts about what has happened, explain what is going on now 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 reassuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better)

Children take their cues from trusted adults around them, try to manage your own anxiety before speaking to children and remain calm as best you can!

