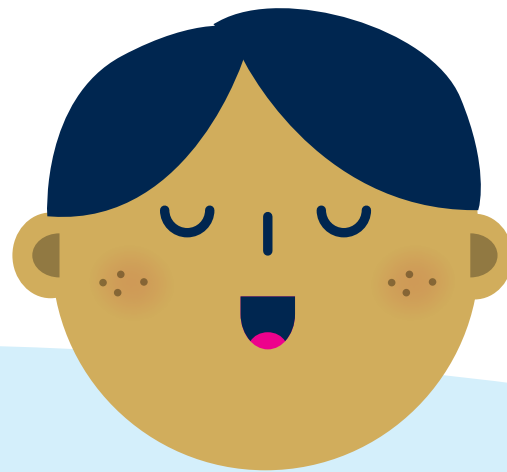


# HOW CAN I KEEP MY CHILD MENTALLY WELL DURING THE COVID-19 PANDEMIC?



Pause &  
take a  
breath

## Stay calm.

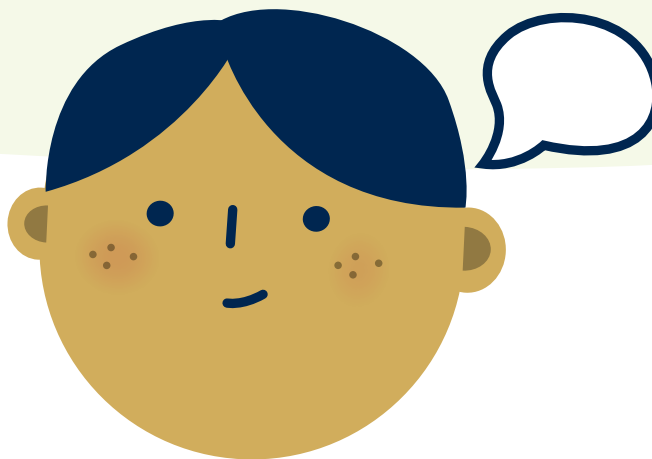
Children look to us for how to respond to stressful situations. Remember you being calm, helps your child to remain calm. Think about ways to manage the stress you might be carrying, talking with a friend, or going for a walk, so that you can be at your best in supporting your children.

# HOW CAN I KEEP MY CHILD MENTALLY WELL DURING THE COVID-19 PANDEMIC?

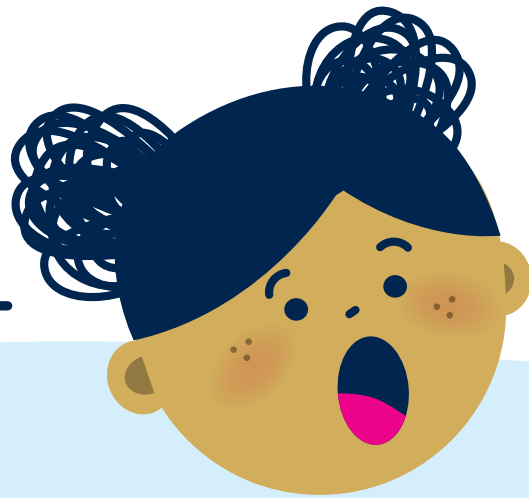
## Keep it simple & age-appropriate.

There is a lot of information coming at us at once. Having some language to help them to understand the situation, that you can repeat in calm ways, can help. Answer their questions as factually as possible but keep responses age-appropriate. Balance the facts with reassurance. Your child needs to know that they, and you, are safe.

Answer their questions with facts



# HOW CAN I KEEP MY CHILD MENTALLY WELL DURING THE COVID-19 PANDEMIC?



Let your child talk through their feelings

## Listen.

Let your child talk through how they're feeling. Acknowledge their emotions and help to label them. You can say, "Yes, I can see you're feeling worried" or "it is okay to feel angry that you can't see grandma right now." If you're noticing different behaviour, you can say, "I wonder if you might be feeling worried, or sad?" and, "what might help you feel better?"

# HOW CAN I KEEP MY CHILD MENTALLY WELL DURING THE COVID-19 PANDEMIC?



Take breaks from news coverage and social media

## Limit exposure.

Avoid listening to or watching news coverage about the pandemic with young children around. Avoid having adult conversations about your own worries in front of children. Encourage older children to be aware of their social media use and to take breaks from this. Help them to think critically about what they are reading on-line, sorting myths from facts.

# HOW CAN I KEEP MY CHILD MENTALLY WELL DURING THE COVID-19 PANDEMIC?

Follow your child's lead



## Establish a flexible routine.

Try to establish a flexible routine for your child. This might include a regular, but relaxed, time for waking and sleeping, and perhaps for meals and snacks. Some parents will be working from home and may have new opportunities to connect with their child during the day. Watch for those natural moments when you can just be together and follow your child's lead.

# HOW CAN I KEEP MY CHILD MENTALLY WELL DURING THE COVID-19 PANDEMIC?



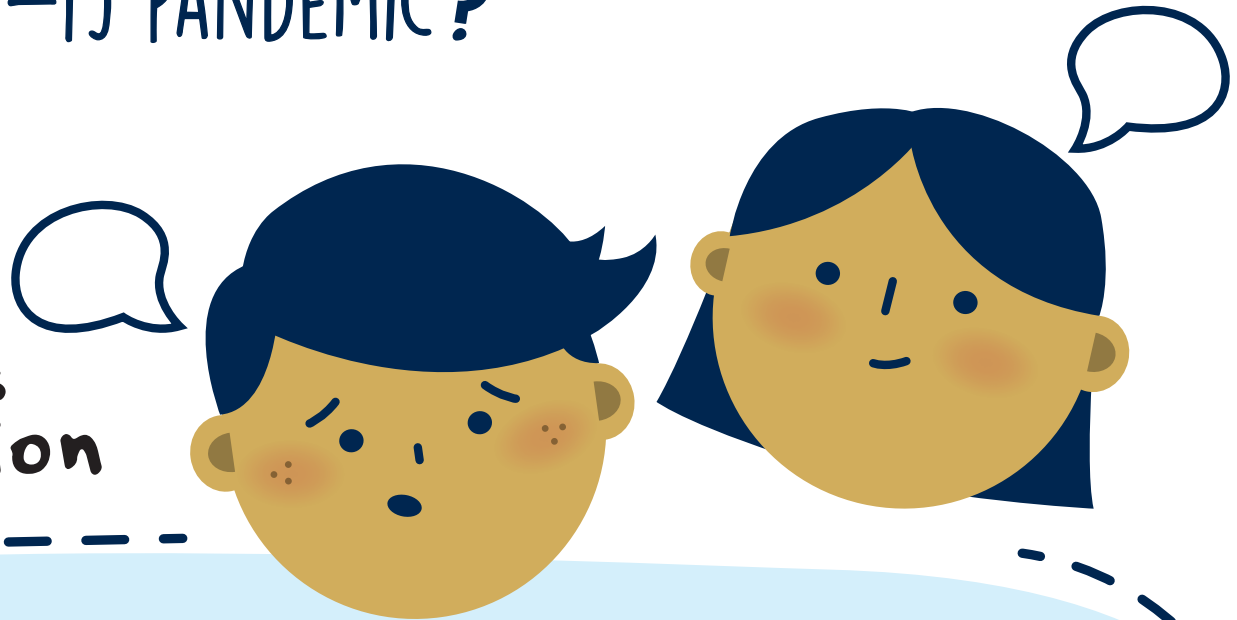
Provide  
reassurance  
and calm

## Be patient and understanding.

Children react differently to changes in routine and stress. They may become frustrated more easily, or more emotional, or engage in things they did at a much younger age. Try to be understanding with your child, as they may just need more reassurance and calm during this time.

# HOW CAN I KEEP MY TEEN MENTALLY WELL DURING THE COVID-19 PANDEMIC?

Listen  
and express  
compassion



## Be patient and understanding.

Think back to when you were a teen and how important your social connections were (and likely still are!). Teens are dealing with less social contact and cancelled events. This can be upsetting. Try to be patient and understanding – try not to minimize their feelings. Instead, listen and express compassion.

# HOW CAN I KEEP MY TEEN MENTALLY WELL DURING THE COVID-19 PANDEMIC?

Encourage regular sleep habits

ZZZ



## Encourage balance.

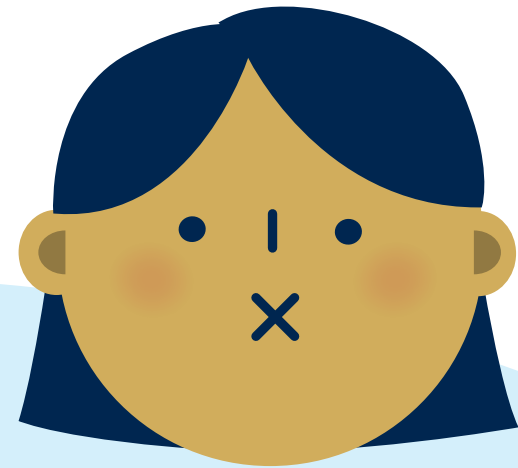
Some teens may turn to Netflix, social media or gaming as a distraction from the day-to-day reality of social distancing—this is to be expected and you may also find you're looking for distractions yourself. Taking breaks from screen time is helpful. Plus, too much social media exposure can have a negative impact on mental health. It's a good idea for all of us to prioritize wellness as much as possible at this time. Try to encourage regular sleep habits. You could invite your teen to get outside for daily walks with you, or to do some cooking together.

Go outside for walks





# HOW CAN I KEEP MY TEEN MENTALLY WELL DURING THE COVID-19 PANDEMIC?



## Pause before talking.

With so much news coverage and talk about COVID-19, over exposure is very possible. You can provide a break for your teen by not discussing the situation in front of them unless they want to talk about it.

# HOW CAN I KEEP MY TEEN MENTALLY WELL DURING THE COVID-19 PANDEMIC?

## Provide reassurance.

If they express concerns to you, listen to their concerns and try to provide reassurance. You can talk about how measures are in place to keep people safe, how you've prepared as a family, and how life will return to normal. For teens who are concerned about lost class time and completing courses, reassure them that school staff understand and appreciate their concern. Tell them more information will come and you'll work through it together.



Talk about how measures are in place to keep people safe