Top Tips from Youngminds.org.uk

1. Try and not to shield your child from the news, it is likely they will find out somehow, being online or from friends.
2. Talk to your child about what is going on, how much do they know? Start by asking them what they have heard.
3. Try to answer their questions and reassure them in an age appropriate manner. Remember you do not need to know all the answers but talking to them in a calm way will help them feel calm.
4. Reassure your child it is unlikely they will get seriously ill and if they do feel ill you will look after them. If your child is concerned what will happen if you become ill let them know who will look after you if you catch the virus. Let them know the kind of support you have so they don't feel they need to worry about you.
5. Give them practical tips on how they can look after themselves. For example, show them how to wash their hands properly and remind them when they should be doing it.
6. Make a new routine at home and keep it as regular as possible so your child feels safe and stable.
7. Spend time doing positive activity with your child (e.g. reading, playing, painting, cooking) to help reassure them and reduce any anxiety. This is also a great way of providing space to talk through their concerns without having a 'big chat'.
8. Encourage your child to think about things they can do that can make them feel safer and less worried.
9. Be aware that your child may want more close contact with you at this time and feel anxious about separation. Try to provide this support whenever possible
10. Remember to look after yourself too. If you are feeling worried, or anxious about coronavirus, talk to someone you can trust who can listen and support you.

Further information and support can be found at https://youngminds.org.uk

Other websites – https://parentclub.scot

https://www.nhs.inform.scot