



Tips for Supporting Anxious Children and Young People During Social Distancing.



May children or young people may be feeling anger or confusion or sadness. Whatever the feeling. It is important that adults acknowledge that it is okay to feel it and not disregard or try to suppress the feeling.

Feel the Feelings “It’s okay to feel like this.”



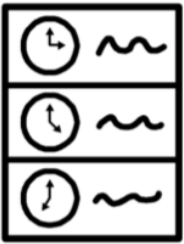
Name the Feeling “Can you show me how you feel?”

Helping children and young people name the emotion takes away some of the unknown. This can also help them feel validated.



Be the calm “How can I help you?”

Children and young people may react in different ways to how we as adults would expect them to. If adults are in control of their reactions to their feeling; it allows children and young people to feel safer.



Provide structure “It’s time for lunch”

Where possible keep your eating, hygiene, bedtime routines the same. Have a similar routine each day.



Tell them the plan “I’m working for twenty minutes then we can play cards.”

Letting children and young people know what’s happening next helps ease anxiety. Having a visual plan is great –and can help avoid interruptions during important work phone calls.

Most importantly, take care of yourself. Look after your mental and emotional well-being too.

