any concerns with establishments Communicate educational

> Look after yourself

> > and listen questions Ask open

> > > reassurance Offer

Be honest - give

child friendly

information

opportunities for physical exercise Provide

of people helping each other with Acts Share positive stories of Kindness and generosity

Place an emphasis on resilience and strengths

normal routine

maintain a

and Young People unsettling Times Helping Children Manage in

Provide opportunities young people to be honest about their for children and feelings

opportunities for them to play Help your child to cope with stress by making and relax

Produced by Renfrewshire Educational Psychology Service drawing on information from UN Other useful information can be found @RenfrewshireEPS