

Other useful information can be found @RenfrewshireEPS

Produced by Renfrewshire Educational Psychology Service drawing on information from UNICEF and Chinese International School in Hong Kong.

**Communicate any concerns with educational establishments**

**Be honest – give child friendly information**

**Place an emphasis on resilience and strengths**

**Maintain a normal routine**

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

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

**Offer reassurance**

**Ask open questions and listen**

**Look after yourself**

**Provide opportunities for physical exercise**

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

**Helping Children and Young People Manage in Unsettling Times**