Communicate
any concerns with
educational
establishments

Look after yourself Ask open questions and listen Offer reassurance

Be honest - give child friendly information

Provide opportunities for physical exercise

of Kindness and

generosity

Share positive stories
of people helping
each other with Acts

Place an emphasis on resilience and strengths Helping Children and Young People Manage in Unsettling Times

> 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

Maintain a normal routine

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