

## Helping Children and Young People Manage in Unsettling Times

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

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

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

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