

RRJS DAV PUBLIC SCHOOL ,HAILY MANDI

GUIDANCE FOR PARENTS AND CARERS

on supporting children's mental health

and well-being during the corona virus (covid-19)

pandemic

There are some key actions you can consider to support your child's mental health and wellbeing during the pandemic,including:

LISTENING TO AND ACKNOWLEDGING THEIR CONCERNS

Children may respond to stress in different ways. Look out for any changes in their behaviour. Children may feel less anxious if they are able to express and communicate their feelings in a safe and supportive environment.

Listen to them, acknowledge their concerns and give them extra love and attention if they need it.

PROVIDING CLEAR INFORMATION ABOUT THE SITUATION

Children want to feel assured that their parents can keep them safe. One of the best ways to achieve this is by talking openly about what is happening and providing honest answers to any question they have.

BEING AWARE OF YOUR OWN REACTIONS

Remember that children often take their emotional cues from the important adults in their lives, so how you respond to the situation is very important.

It is important to manage your own emotions and remain calm, speak kindly to them, and answer any question they have honestly.

SUPPORT SAFE WAYS FOR CHILDREN TO CONNECT WITH THEIR FRIENDS

They can meet outdoors in private gardens in group of up to 6 provided they keep 2m (3 steps) apart from people outside of their household. Where there is not possible, they can also connect online.

CREATING A NEW ROUTINE

Make a plan for the day or week that includes time for learning, playing and relaxing.

Encourage maintaining a balance between being online and offline and discover new ideas for activities to do from home if needed.

LIMITING EXPOSURE TO MEDIA AND TALKING MORE ABOUT WHAT THEY HAVE SEEN AND HEARD

Consider limiting the amount of exposure you and your family have to media coverage.

Young people will hear things from their friends and get information from social media. Talk to them about what is happening and ask them what they have heard.

EXERCISE WITH YOUR CHILD AT HOME

Establishing an exercise routine prevent children from feeling restless due to lack of physical exertion.

MAINTAIN GOOD HYGIENE

Covering mouth and nose when coughing or sneezing, washing hands, not touching face etc.

We hope ,the above suggested tips may help your child stay positive and also ease their going back to school routine once things get back to normal.