

Is your child feeling stressed, worried or uncertain...?

Are they...?

- Restless
- Having chest pains
- Getting headaches
- Losing their appetite
- Not sleeping well
- Avoiding situations
- Needing lots of reassurance
- Having panic attacks



It's important that you and your child know these feelings are understandable in the current circumstances and that worry is a normal emotion.

TOP TIPS

- Be positive, talk and listen to your child.
- Don't dismiss any worries even if they seem unrealistic.
- Remind them that it's OK to feel however they feel and that 'this is NOT going to last forever'.
- If they are worried about family members getting coronavirus, reassure them that everyone is trying to keep as safe as possible.
- Explain that when in school they can talk and get support from an adult.
- Encourage your child to get plenty of sleep and limit screen time before bed.
- Make a worry box with your child:
youngminds.org.uk/blog/how-to-make-a-worry-box-a-guide-for-parents/
- Do some breathing exercises together:
www.headspace.com/meditation/breathing-exercises
- If you or your child has any particular needs, worries or concerns that you want to share with someone, speak to their teacher or another professional.
- You may also feel worried, so remember to seek help and advice if you need it.

If you need help for your emotional wellbeing and mental health, the NHS Calderdale CCG website offers tips, information and guidance:

<https://www.calderdaleccg.nhs.uk/wellbeing/>

For more tips, information & support go to
www.openmindscalderdale.org.uk