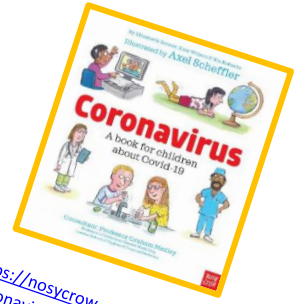


Is your child struggling with their emotions?

Axel Schleffler (illustrator of *The Gruffalo*) and Clare Shaw, have created **books** for children talking about the virus in child-friendly terms and looking at the feelings and emotions children may be experiencing.



<https://nosycrow.com/product/coronavirus-a-book-for-children-about-covid-19/>

Listen your child's worries and concerns and try to answer them as **honest as possible**. For example, 'I can see you are worried about Grandma, but she is staying at home keeping safe and we can call her each night to have a chat'.



<https://www.flipsnac.com/CSKidsBooks/what-s-going-on.html>

Make a **happy jar/board** think of all the things that you are going to do as a family when this time is over. Add ideas to the jar or board as something to look forward to and focus on. This reassures your child that **this will end**.

As a family create a **worry jar**, each person writes down a worry and places it in the jar, take out the worries one at a time and discuss how the worry can be eased.



Reassure your child that all the feelings they are experiencing, sadness, anger, worry and anxiety are normal and **everyone will have them** at some stage.



Let children **express their feelings in an appropriate way**. If they are sad let them cry. If they are angry get them to run on the spot as fast as they can, for as long as they can, jumping on the spot or even hitting a pillow'. Also, encourage them to **label the feeling** 'I am sad because...'

Exercise safely. A scoot through the park, to the end of the road and back releases energy to help child be calm and focus.



Eat well and **drink** plenty of water.



We are here to help!

