



Supporting children throughout the coronavirus pandemic

Children respond to major impactful events in many ways. Very young children may find it difficult to understand why their family are suddenly needing to go about their day to day lives in a new and unfamiliar way. Children experience strong emotions during times like these but may find it difficult to articulate how they are feeling. No matter how much we want to, we can't protect children from experiencing strong emotions and distress during unprecedented events.

The way adults behave during times like this is important for children. Children are aware of their parent's responses and reactions most of the time, but they can be particularly sensitive during a major change event. For many children, their lives are not the same, and may not be for some time. Children can feel overwhelmed, distressed or anxious even if they are not severely impacted by the event.

Children may have to cope with:

- A sense of unreality, which may stay with them for a long time.
- A sense of feeling unsafe and that nothing is the same as it was before.
- A changed family and circumstances – family members may have lost jobs or have reduced work hours, carers may be working from home, they may find themselves needing to learn how to attend school from home.
- A sudden focus on and/or increase need to engage in hygiene behaviours.
- Flooding of news which is repetitive and fear-provoking.
- Unfamiliar feelings, such as fear, anger and sadness, with which they have little experience.

There are several common reactions your children may experience. These may last for a few days or for a few months, but they will gradually reduce over time. The type of response and reaction will also depend on their age and stage of development, how close they are to the event and the support available to them:

- Fearfulness, especially at night or when separated from their parents or others close to them.
- Disturbed sleep, frequent waking, nightmares.
- Bed wetting.
- Changes in eating habits.
- An increase in attention seeking behaviour and an increase in naughtiness or misbehaviour.
- Clinging, dependent behaviour.
- Forgetfulness or more easily distracted than usual.
- Reduced performance at school.

- Reduced enjoyment in usual play activities.
- Reverting to baby behaviours that they may have grown out of.
- Unexplainable aches and pains, tummy ache, feeling sick.

You can assist them in the following ways:

- Reassure children they are safe (you can't overdo your reassurance).
- Reassure them you are there to look after them.
- Talk about what has happened, what is happening now and however people feel. Talking about feelings is a normal and beneficial response and helps children to feel part of what is happening.
- Provide information in a way that is appropriate for their age. Sometimes we can't explain an event and it is ok to tell children that you do not know why something happened or to show that you are also upset at times.
- Listen carefully to what children are saying. Young children will not have the skills to articulate their needs or concerns and listening patiently will help them to describe how they are feeling.
- Let them express their emotions and give them a lot of encouragement. Cuddling, holding hands and just sitting together are all part of the healing process.
- Allow children to behave as children – it can be easy for us to expect adult behaviour from children, and especially teenagers.
- Be honest in talking about what is happening. Even very young children know that “something” is going on and it is easier for them to deal with reality than uncertainty.
- Make plenty of time to be together. Spend extra time and attention on bedtime – be prepared to sit with them until they fall asleep. If sleep issues continue try to keep bedtime as consistent as possible, use calming rituals such as a warm bath, a warm drink or gentle storytelling; avoid high levels of activity before bed and provide reassurance that they are safe, loved and cared for.
- Keep to routine as much as possible – normal times to sleep, normal meals and normal activities. The earlier you can reintroduce their usual structure and routine the better.
- Make sure family roles are clear. Older children can take on significantly increased responsibility during major events and a return to “normal” as early as possible is beneficial.
- While protecting children, try not to be overprotective.
- Do things together as a family. Simple activities are helpful for everyone.
- Try to limit the exposure to the media coverage relating to the event.

Like adults, most children will adapt and grow through crisis with the love and support of their family and friends. If a child's reactions are particularly severe or prolonged, or if you have concerns about the way that your child is reacting during a major event it is important to seek professional assistance.