



Let's help our **kids** cope



Dear Parents,

As the entire country is under lock down due to the coronavirus pandemic, the whole family is staying at home. You are trying to keep children occupied, feeling safe and attempting to keep up with school work. It's important for the you to utilize this time productively and avoid this situation bring any negative impact to our beloved children.

Here are few tips for you.....



Family
Time



Be positive

- Celebrate having family time- it's your chance!
- Make it fun as possible
- Do activities as a family



Talk to them



- Explain about COVID 19 in clear, reasonable way
- They don't need to know every little thing
- Unless asked, do not volunteer information that might worry them
- Respond with truth and reassurance
- Let child's questions guide you



Talk to them



- Correct misinformation - children often imagine situations worse than reality.
- Offer developmentally appropriate facts
- Talk with them about their fears
- Calm fears, manage stress and keep peace
- Tell them what you can control and what you can't control



Maintain daily routine

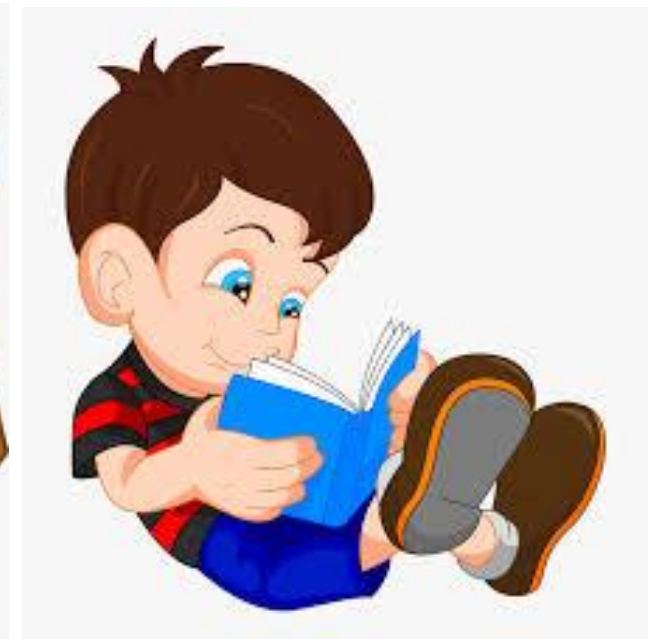
- Establish regular schedule
- Consistency and structure are calming during times of stress
- Incorporate at least one new activity per day
- Include activities to get enough exercise
- Do household tasks as a team



Think of your favourite activities before screens and let the kids experience it..!

Following activities also could be included..

- Arts
- Reading
- Crafts
- Science projects
- Home gardening
- Imaginary games
- Musical activities
- Board games
- Cooking
- New inventions





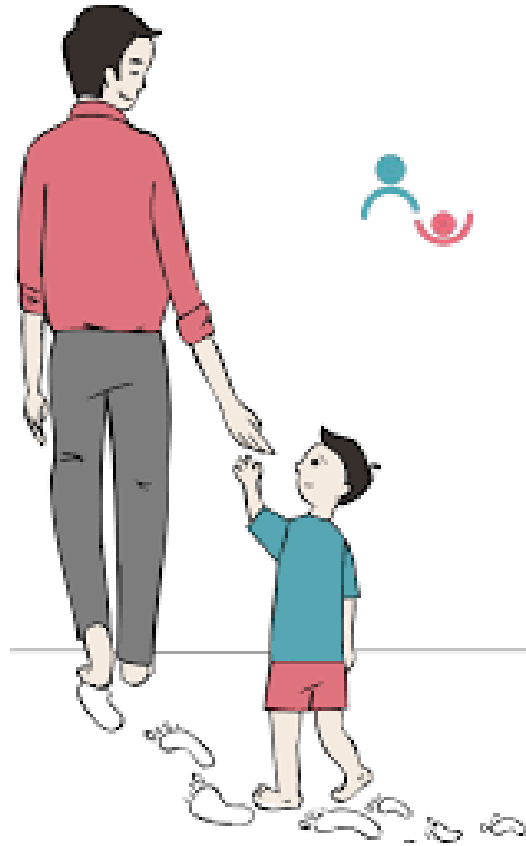
Manage your anxiety



- Limit consumption of news - watching continual updates may increase fear and anxiety
- Stay informed, not misinformed
- Avoid talking your fears within earshot of children. Step away and take a break (take a shower, go to another room, take deep breaths, pray, etc)



Be a role model



- Be a responsible citizen
- Obey the rules and regulations of the government
- Act according to health authority guidance
- Avoid smoking, alcohol, drugs
- Avoid arguments



Let kids stay connected

- Communication with friends and relatives can help kids feel less alone
- Technology can help kids feel closer to relatives and friends



Teach and practice positive preventive measures

- Explain social distancing
- Practice daily good hygiene
- Wash hands with soap and water for 20 seconds- make it fun, let them sing “twinkle, twinkle” twice
- Cover your mouth and nose with tissue, sleeve or flexed elbow when coughing or sneezing
- Limit handshakes and hugs
- Stay home and stay safe





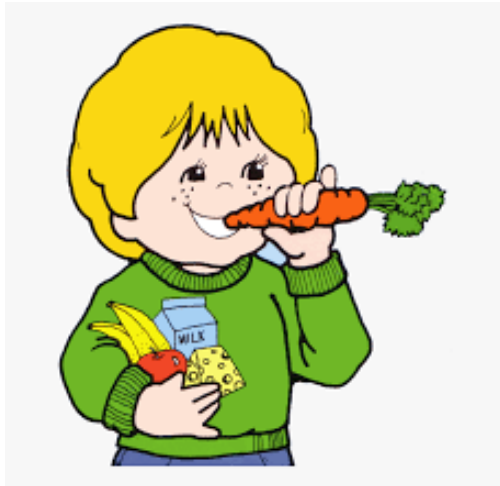
Spiritual activities



- Get them involved in more spiritual activities
- Strengthen their connection with religion
- Make them ask dua for them and others
- Get them involved in charity
- Congregational prayers as family



Boost immunity



- Eat a balanced diet- appropriate time to correct inappropriate dietary habits
- Get enough sleep
- Exercise regularly



Limit screen time



- Laptops, tabs, phones and television- limit the time..



Psychological issues



- Children may develop abnormal behaviour- be on the lookout.. Get help if persists- eg:
- Excessive anger
- Behaving as a small child
- Often looks sad, no interest
- Change in sleep pattern
- Poor attention, anxious all the time
- Unreasonable physical symptoms
- Aggressive



Your wellbeing is our priority...
What you do makes a difference..
Stay safe..Stay healthy...

Courtesy of

Zahira College
Doctor Parents Group