



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bed-wetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention. Remember to listen to your children, speak kindly and reassure them. If possible, make opportunities for your child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers where possible.

If separation occurs (e.g. hospitalisation) ensure regular contact (e.g. via phone) and reassurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand.

This also includes providing information about what could happen in a reassuring way (e.g. a family member may start not feeling well and may have to go to hospital so doctors can help them feel better).