

How can I support my child during lockdown?



Talk with them about what's going on, keeping communication as open as you can. Let them know that it's okay to feel however they feel – whether that's scared, worried, angry, sad or something else. Try to answer your child's questions and reassure them in an age appropriate manner. While you don't need to know all the answers, talking things through can help.

Some questions to start discussions:

How are you feeling?

What do you want to talk about?

What was the best and worst bit of your day?

If you could start today again, what would you do differently?

What did you do today that you are most proud of?

help them feel calmer.

Encourage your child to do the things that help them when they're finding things difficult. This will be different for everyone – it could include things like doing exercise or going for a walk, watching a favourite film, reading a favourite book, cooking or baking, talking to friends, or drawing or writing.

Reassure them this will pass, you're there for them, and you will get through this together. Having returned to some of their normal activities over the summer, going back into stricter measures might feel frustrating for your child. They may even be worried that things will never get better. Recognise how difficult this is, while also letting them know that the pandemic will not last forever.

Spend time doing a positive activity together. This can help them to feel calmer by giving them a short break from everything that's going on. It's also a great way of providing a space for them to talk through their concerns, without having a 'big chat'.

Keep as many regular routines going as possible to help your child feel safe and secure. This can include things like having regular times for going to bed, waking up, eating meals and doing hobbies. Getting up and being ready for their day of remote learning is a good way of keeping a routine.