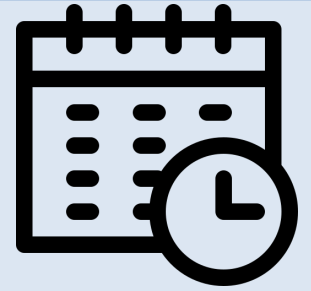


Healthy Minds Covid-19 advice

Structure

Try to maintain routines as much as possible. If you find yourself at home more than usual then try and imitate a structure similar to your child's usual day (get up, get dressed, do work in a specific place, have lunch at a similar time). Write it down put it on display.



If you aren't happy with your current routine, this might be a chance to do things differently.

Be mindful of how you engage with news. Rather than constantly checking, get updates at one or two points in the day. Avoid constant news feeds. Monitor the effect that news has on your mood and worry. Remember that news creates a focusing illusion and there are a huge number of positive stories out there that are not reported.

Think about how to replace the things you normally do with 'socially distancing' equivalents.



Attunement

Talk to children in an age-appropriate way. Give clear and simple messages and expect to repeat these when children ask again.

Identify and name the difficulty that uncertainty brings. Acknowledge and normalise concerns and worry.

Respond in an open and supportive way; children are likely to need extra love and attention during this time.

Emotional regulation

Children are sensitive to emotion and will often reflect the emotions of adults—have calm conversations and be mindful of your own stress levels.

Do things that help relax. Be aware of your breathing and bodily tension; use deep breathing and muscle relaxation to help lower stress. Change your focus and immerse yourself in a favourite activity

Maintain healthy sleep patterns. Keep up exercise in your day and try to get outdoors, in line with local guidance about social contact.

Stay connected to people—use technology to help stay in touch with friends and family.

