

realistically. They might have some genuine concerns. Let the whole family share the concerns. Sharing helps

☞ Encourage and allow them to talk to friends, relatives and/or teachers. Talking to near and dear ones helps, especially in a situation like this

If anybody in the family has contracted virus

☞ Do not panic. If you panic, the children will panic more.

☞ Listen to the advice of the doctors / authorities.

Cooperate with them.

☞ If anybody needs to be quarantined in the family, talk to the family members as well as children.

Let them understand that quarantine is good for the concerned person as well as family members.

☞ Try to maintain physical distance with the quarantined person. Focus more on hygiene and follow procedures that is asked for you to do.



If anxiety / worry in them is excessive or uncontrollable

☞ Try distraction. Try something new as a means of distraction.

☞ Teach them relaxation exercises, like deep breathing, yoga, meditation.

☞ Contact mental health professionals through various helplines on covid.

☞ Children with disabilities might be troubled more in the current situation. They might not be able to express what they need or what they are going through. They might need extra effort and support. Be receptive about their condition and do as much as possible to reduce their discomfort.

☞ Monitor their activities, mood and behaviour as much as possible. Be aware about any changes in routine way of functioning.

**Give them hope.
Together you all can defeat this virus.**

IN CASE YOU NEED ANY HELP

Please contact COVID -19
Psychosocial toll free helpline
at 080-46110007
or consult your doctor or a
mental health professional



सत्यमेव जयते
MINISTRY OF HEALTH & FAMILY WELFARE
GOVERNMENT OF INDIA



National Institute of Mental Health and Neuro Sciences
(Institute of National Importance)

Children and Adolescent Well-being during COVID-19

For Parents or Caregivers



Almost everybody in the world currently knows about COVID-19 pandemic. It has affected almost everyone in one way or another, some more and some less. Even though any age group can be contracted with the virus; in terms of adverse health, older adults are more prone to serious health complications compared to children and adolescents. Children and adolescents on the other hand can also face different problems and issues in the current situation.

ISSUES CHILDREN AND ADOLESCENTS CAN HAVE

- ☞Worry about school or college reopening
- ☞Anxious about subjects
- ☞Fear about entrance exams
- ☞Not able to play outside
- ☞Fear that they might get the virus, and they will be taken away/quarantined/hospitalized
- ☞Fear that their parents, siblings, grandparents or pets will get it and they will be taken away
- ☞Worry if anybody dies
- ☞Concern about finances, about house expenses, school fees, college admission
- ☞They can get affected by fights/issues that happen between parents

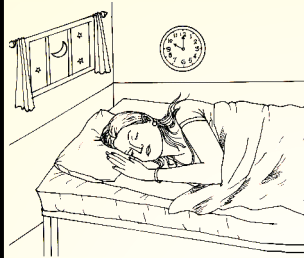
WHAT PARENTS CAN DO ?

Involve children in prevention efforts

- ☞Give age appropriate tasks and responsibilities, such as washing hands with soap for 20 seconds, no touching mouth, nose and eyes, etc. Provide adequate reasons and encouragement to follow the preventive tasks. Praise them for following the same

☞Discuss with them and create a schedule, that involves various things throughout the day, including rest and recreation

☞Keep them engaged as much as possible. Provide various interesting and creative activities



☞Maintain regular sleep and waking time. Let them sleep at least 8-10 hours, depending on their age. Younger ones sleep more

☞Make sure they get some physical exercises or they do some physical activities regularly



☞Monitor their diet. Eat healthy, wholesome food. Reduce sugar and junk foods

☞Limit the use of mobile phone / internet, based on their age and requirement

☞Involve them in household chores /activities

☞Let them learn something new or try different things

☞Make time to play and interact with them

Reduce School and exams related stress

☞Talk to them about their concerns or worries. They might have their own problems and apprehensions. Let the discussion be realistic based on the current scenario, that is, many

things are still unclear, school /college authorities are trying their best, it might take some time to know/fix things, that the pandemic has affected the whole student community, that its best to do the next best thing in situations like this, so on



☞Encourage them to be in touch with the subjects, to revise, to be up-to-date

Reduce these things

☞Don't discuss family/financial/illness related issues with younger children, if they cannot handle it. There are different ways to communicate things to children.

☞Issues and problems can be discussed / arguments can be had when they are not around

☞As a family, reduce the time spent on reading/watching things related to COVID-19. It can be for some short duration once a day

☞Everybody in the household can shift to healthy foods

☞Avoid spreading fake or unverified information on social media

☞Avoid scolding, abusing and spanking the children



Managing fear about contacting virus

☞Don't tell the children that nothing will happen, don't worry. Discuss their concerns