

**Suggestions on how parent / carers can help your child/ren remain positive during lockdown.**

- Setting routines: to help structure the day.
- Making memories: creating opportunities to discuss the good news and the positive things that the family did during lockdown.
- Having fun: doing simple things, such as cooking together, playing boardgames together, doing crafts and drawing.
- Using social media: playing online games with friends; chatting with friends; arranging online parties for special occasions.
- Dealing with conflict within the family: parents/caregivers need to remain calm and to develop mediating strategies to defuse arguments and disagreements between family members.
- Managing anxiety: understandably, young people are anxious during the COVID-19 pandemic, so parents/caregivers have a key role in listening with understanding to their children's fears about the disease and reassuring them by taking their worries seriously and answering their questions with understanding and empathy.
- Building self-esteem: it is important for parents/caregivers at a difficult time to take time to build up the child's sense of worth. It is also useful for parents/caregivers to be consistent in their use of positive thinking about the child's talents and abilities.