

PRINCIPALS' DIGESTS

30 Palliser Drive • Hamilton • NZ 3210 • Tel 07 855 7101

digests@xtra.co.nz • www.principalsdigests.co.nz

Digests may be copied and distributed in the school community of the subscriber.

Newsletter

Volume 26 Number 41

COPING WITH COVID-19 WHAT IS YOUR CHILD EXPERIENCING DURING COVID- 19?

- Seeing global pandemic and worrying.
- Feeling a big change in schedule and normal life.
- Hearing parents, trusted adults and leaders expressing alarm or worry.

HOW DOES THIS IMPACT ON YOUR CHILD'S BEHAVIOUR AND HEALTH?

- Increasing worry and stress.
- Acting out or holding feelings inside.
- Expressing fear in the form of anger or arguments.
- Causing sleeping problems.
- Changing eating habits, which can lead to stomach aches and headaches.
- Provoking tears easily in some children.

WHAT DOES YOUR CHILD NEED?

- To feel safe.
- To belong.
- To have a feeling of control.

HOW CAN YOU HELP?

Manage moods. Maintain a consistent routine. Connect. Grow.

- Focus on staying calm.
- Help your child cope in a healthy way - play games, be active, draw, listen to calming music.
- Give your child control by giving choices – clothes, foods, chores.
- Set a regular bedtime and turn off devices one hour before.
- Create a daily schedule with your child.
- Spend time together as a family.
- Help your child chat virtually with friends and family.
- Do something new and different.
- Create a warm, loving environment - use calm voices and share kind words.



Acknowledgement: Steve O'Brien, Psy.D., Anxiety in Children During the Covid-19 Crisis: Targeted Strategies to Create Calm and Build Resilience