

Some ideas to help your child feel safe.

Routine

Why? Because a child can feel more secure when he/she knows what is happening. In an uncertain world there are some things we can control. For example; in the morning we do our school- work, after a break we go out to play, every evening we watch a family movie etc. quickly becomes a new routine for a child and there is a feeling of security in that.

Free Play

Why? “Play is the work of the child.” When young children play with toy animals, dolls, soldiers, cars, bricks etc they are making sense of their world. In his/her play your child can be the hero fighting battles against bad things etc. Older children can do the same thing through free writing (see attached page, or free drawing, painting or colouring, working with clay etc). That is not drawing or writing to make something by following rules, just drawing, scribbling, colouring as we all did when we were young.

Limit the information.

Why? Constant news feed is adding to our anxiety as adults. Children can pick up on this, so be careful about what they hear or what they are tuning into. Of

course, they are aware of what is happening, but they don't need the constant updates. We don't either!

Read a story or say a poem together at night.

Why? Stories comfort children. As adults we read to know we are not alone, likewise for children. Older children like to read silently as adults do but maybe you and your child could read a page or two aloud perhaps taking every second page, or your child might like to read to you and tell you what is happening in the story. This is not a homework type exercise where you are examining his/her reading. This is reading together for the sheer pleasure of sharing a story. Your child will treasure this memory when he/she grows up and reads to his/her own child and you will treasure it too.

Keep safe everyone, hope this helps.