

COVID-19 : How to take care of my child?

School closure

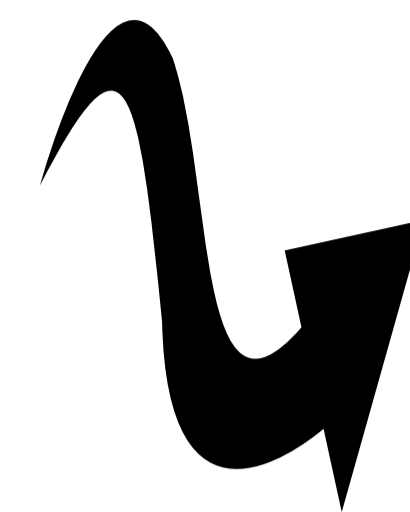
Changes in routine and living conditions

Media exposure



Adult reactions

Stressful situations



Sources of stress for children

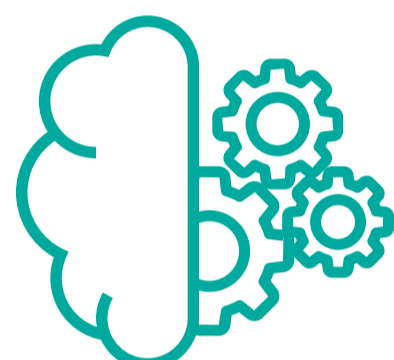
Some examples of the signs of distress you can observe in your child

Preschool Children
0 to 5 years old



- He/she **whines or cries** excessively
- He/she wants **to be held**, clings to adults
- He/she has begun **sucking his thumb** / **weeing the bed** again
- He/she has **temper tantrums**

Primary School Students
6 to 12 years old



- He/she has stomach aches, **feels sick**
- He/she is more **sad, irritable** or **restless**
- He/she **wakes up** at night, has **bad dreams**
- He/she expresses **disproportionate fears**
- He/she has **difficulty concentrating**

Teenagers
13 to 17 years old



- He/she has trouble sleeping, has **insomnia**
- He/she expresses **disproportionate concern** about being deprived of his friends or school
- He/she feels **lonely, helpless**
- He/she is more **irritable, angry** or **aggressive**
- He/she shows **risky behaviors** (including the consumption of alcohol or drugs)

The importance of parental support

Parents' reactions often **influence** the children

... **calm** and **confident** parents...

... provide **better support** for their children.



1 Talk about COVID-19 with the information and language appropriate to the child's age

Reassure your child (security)

3 Be a role model (sleep, diet, social distancing)

Restrict exposure to the media coverage

5 Follow a daily routine