

Dear Parents

As **coronavirus** has become a major public-health concern, many aspects of our day-to-day life have changed. Schools, businesses, malls & gardens are closed, events are canceled... and this can lead to fears in our children just as in us.

Children not only can hear everything that is going on around them, but they feel our constant tension and anxiety. They have never experienced anything like this before.

They have been asked to stay at home but it is not their regular fun filled vacation. They are confined at home and cannot meet their friends or step out for enjoyment.

A few days may pass but soon children will get restless which will be visible in their behaviour. They may be easily irritable, demanding, rebellious, sensitive, emotionally disturbed. Some may even be afraid. This is normal and expected under these circumstances.

“Children are more distressed when parents appear helpless and passive or anxious and agitated and they are more comfortable when parents are calm and taking action.”

It is very important we keep an affectionate and cheerful atmosphere in the home. What children need right now is to feel comforted, loved and assured everything will be alright. Look at this as an opportunity to spend quality time together and make these days memorable

These are a few points which will help us sail through these difficult times and come out stronger:

❖ **COVID-19**

- Answer your child’s queries related to COVID-19 by stating simple factual information.
- Reassure them by sharing precautions to be taken in a calm manner. i.e. Wash hands frequently, maintain social distance, avoid touching eyes, nose and mouth.
- **Don’t be anxious if precaution missed. Gently remind again.**

❖ **Keep a routine:**

- Our routines help to cope with change, give a purpose to keep calm.
- Routines will help your children feel some predictability and keep them occupied.
- Keep bedtimes and mealtimes the same.
- Monitor online classes closely and ensure your child takes it seriously.
- Have specific times for school work, online assignments and play.
- At the same time be flexible with expectations and be ready to make changes.
- Children are also struggling to cope with this difficult situation so don’t get upset if routines are not followed.
- Also give them unstructured free me time.

❖ **Strengthen your family bonding:**

- Smoothen differences and tiffs between family members and siblings in a calm and considerate manner to enhance a richer bonding.
- Do yoga and exercise together.
- Read online stories
- Involve your children in household chores.
- Play board games and watch movies together.
- Do a science experiment together,
- Share family stories.
- Avoid spending too much on screen time.

❖ **Develop caring attitude and Enhance emotional wellbeing:**

- Digitally connect with grandparents and other family members, cousins to enquire about their wellbeing. This will also help to bring family closer and give all a cared for feeling.
- Stay in touch with friends from time to time.
- Bottled emotions don't go away; they either blow in toward emotional fears, or blow up into angry or acting out behavior.
- Motivate children to speak out their views, fears, and concerns – It's normal to feel scared and worried as nothing like this has ever happened before for them.
- Offer a listening ear of support, comfort and encouraging words, open conversations to help children manage their emotions, explore options and find solutions.

Finally you can connect as a family and get through this pandemic with emotional courage and stop confusion and chaos from entering your home. Breathe and change the perspective.

'You aren't 'stuck at home' you are 'safe at home'.

- ❖ For any queries please feel free to contact: head.pruna@kalorex.org

Best Wishes

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