

SUPPORTING YOU & YOUR FAMILY DURING CORONAVIRUS CRISIS

Parent Support Info



CDETB
An Bord Oideachais agus Oiliúna Chathair Bhaile Átha Cliath
City of Dublin Education and Training Board



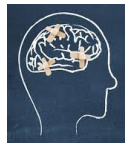
Remember to...

As we all try to deal with these unusual circumstances, it is important for you and your child to know that you may feel overwhelmed, frustrated, confused, upset etc...and this is normal.

1. **Model CALM** for your child & help them to feel SAFE. Children & Young People mirror their parents emotionally—feelings are contagious.

2. **Reassure your child that**

- ◆ You are there for them & they can ask questions anytime.
- ◆ Don't minimise or deny their feelings or your own. **Let them know that it's ok to feel upset & all over the place & that things will get better.**



3. **Let them talk** it out. Make time and start the conversation with them. Listen to their fears and concerns. Label and validate their feelings. Problem solve together. Be available physically and emotionally.

4. **Maintain a routine.** This order is vital for everyone's mental health. Breky, study, break, study, lunch, check in with friends, walk, study, fun break, music, friends, supper, telly, wind down & relax together, bed-time routines.

5. **Have daily family meetings** where you agree who does what and how you are going to support each other and get through this together. Agree on how you will deal with arguments.

6. **Be honest about the facts & help them to understand** what is happening. This will be different depending on the age of your child. Check out www.mindheart.co/descargables



7. **Make the extra time** eating, playing, being together special in small ways—agree as a family to have fun together every day.

9. **Keep an eye on their social media activity.** Ask where they are getting their information. Don't allow them to feed their fears and upsets. Try to get a balance between talking about what is happening and not overdoing it.

10. **Do something special together.** Write a letter/ email to people who you won't see for a while; thank those who are helping you/your community... Keep a family log of your daily lives at this time—it will be something to look back on in the years to come. Mark your achievements in it.

11. **Tackle stress** by doing calming things together e.g. singing, dancing, board-games, read a book together. Take one day at a time and every day is a new day.

12. **Name the positives out loud** and list the things that you are grateful for. Ask your children to name the people & things that they are grateful for.

13. **Exercise is great for beating stress.** Shake off stress by moving. Try walking and talking with your family and at other times with someone you trust so that you can talk through your concerns.

14. **Give practical guidance:** Remind your child of the most important things they can do to stay healthy – washing their hands and the 'catch it, bin it, kill it' advice for coughs and sneezes.

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You have survived lots of challenges & you will get through this too.

YOU MIGHT EXPERIENCE SOME OF THESE NORMAL REACTIONS

Anxiety & hypervigilance (for example looking for symptoms which may be a sign of the virus or worrying about family).

Feeling overwhelmed, angry & snapping.

Signs of stress like palpitations, heart racing or fluttering, difficulty breathing,



EXPRESS YOUR FEELINGS

DON'T BOTTLE UP

Get a few minutes to yourself every day - be extra kind to yourself at this time. Self-compassion is key.

Set up a worry window where you write down all your worries of the day and give yourself permission to think about them during this specific time instead of worries consuming the whole day.

Fearing the worst is normal. Counter these thoughts and feelings with positive self-talk and gratitude.

Check in with yourself regularly



This is a challenging time for you and your family so stay healthy: eat well, get 8hrs sleep and get some exercise.

Maintain rules and routines. It is important that everyone knows what is expected of them.

Monitor your own stress levels and mind yourself. Debrief with someone you trust.

Do something with your neighbours to have a laugh together e.g. karaoke

Relax & make time for yourself. Take slow deep breaths when you feel overwhelmed: in for 4, hold for 4, out for 4.

Self-compassion— treat yourself as you would a best friend.

Stay in touch with family & friends via phone and social media.

Ask for help—see below for helplines if you want to talk confidentially



Support is available. You are not alone.

Alone we are strong, together we are stronger

Parent Line 1890 927 277
Mon-Thurs 10am-8pm & Fri 10am-4pm

St. Pat's info line (01) 249 3333
Mon-Fri 9am-5pm

Samaritans 116 123
SMS 087-260 9090

Pieta House Helpline 1800 247 247
www.pieta.ie

Aware Support line 1800 804848
10am-10pm www.aware.ie

GET THE FACTS

websites for reliable information on the coronavirus.

WWW.HSE.IE OR 1850 24 1850

WWW.WHO.INT

WWW.RTE.IE/NEWS

