Children maybe feeling **anxious, stressed** and **sad** during the pandemic and this time of school closures. They may also find it hard to understand all they see on TV. Here is advice adapted from UNICEF for how parents should communicate with their children at this time. *For more detail visit: https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19*

If parents contact the school with concerns about how to help their children through the crisis you can share this advice with them:

**How Parents Can Support Their Children**

1. **Encourage questions**
   Unless your children are very young encourage them to talk about coronavirus and to ask questions.

2. **Give honest, child-friendly answers**
   Share accurate information about what's going on in the world, but use age-appropriate language, watch their reactions, and be sensitive to their level of anxiety.

3. **Show children how to protect themselves**
   Encourage your children to wash their hands regularly. Make it fun, sing a favourite song as they wash their hands. You can also show them how to cover a sneeze or cough or sneeze with their elbow.

4. **TV vs local reality**
   Explain that TV often shows the worse cases and that the virus may not be such a danger locally. If you are experiencing an outbreak remind your children that they are not likely to catch the disease, that most people who do have coronavirus don't get very sick.

5. **Stick to a routine**
   Keep regular routines and create timetables to do learning from home. Children benefit from routine.

6. **Play and relax**
   Take time to relax, play games and exercise as much as possible. This applies for parents as well. It is important that you take care of yourself so you can look after your children well.