

# Helping children cope with stress during the COVID-19 outbreak



**Children respond to stress in different ways. They can be more clingy, angry, agitated, or do things they normally don't. Respond to your child's reactions in a supportive way. Give them extra time and attention. Listen to their concerns, speak kindly, and reassure them.**

**Keep children close to parents and family, and avoid separating them and their caregivers as much as possible. If separation occurs, ensure regular contact and reassurance.**

**Keep to regular routines and schedules as much as possible. You can also create new ones in new environments. Include school/learning and time for safely playing and relaxing.**

**Provide facts about the situation, how it happened and what's going on now. Give clear information about how to reduce their risk of being infected in a language they understand (depending on their age) and in a reassuring way.**

**SOURCE:  
WORLD HEALTH  
ORGANIZATION**

