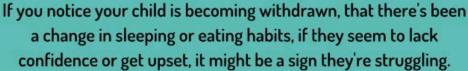
# 8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN





#### Know how to spot the signs







#### 2

#### Talk to your child

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them.





#### Create structure and routine

Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.







## Give children a sense of control through information

Look online with your children to find useful information and resources that help children feel they have control.

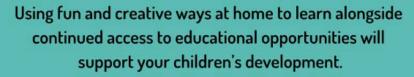


## 8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN





#### Keep children learning







#### Limit screen time and mix up activities

As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone'smental health and self-esteem.







#### Help your child manage stress

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them, etc.





### Expressing feelings doesn't have to be face-to-face

Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.



### THE EMOTIONAL CUP

#### Some ways that children deal with having an empty cup:

- · Steal from other people's cups
- Misbehave to get your attention and show that they need a refill
- · Seem to have bottomless cups, or need constant 'topping off'
- · Can't sit still for refills or actively refuse them
- · Bounce off the walls when they approach 'empty'
- · Think they have to fight or compete for every refill

#### What fills a child's cup:

- Play
- Friendship
- One-on-one time
- Love and affection
- Connection
- Succeeding
- Doing what they love





#### What empties a child's cup:

- Stress and strain
- Rejection by peers
- Loneliness and isolation
- Yelling and punishment
- Failing
- Fatigue
- Doing what they hate

